Handy Household Hints

COMPILED BY THE UNION OF JEWISH WOMEN, SPRINGS BRANCH



HANDY HOUSEHOLD HINTS

COMPILED BY THE UNION OF JEWISH WOMEN
P.O. Box 776 Springs

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A
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FOR ALL
HOUSEOWNERS
TO
REMEMBER

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FOREWORD

In presenting this Book of Hints the Committee of the Union of Jewish Women of Springs feels that it is breaking completely new ground.

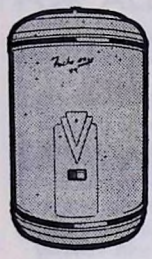
In every household, every day, small problems arise which defy the ingenuity and knowledge of the average housewife, and whose solution she may opportunely find by leafing through the pages of various magazines. But nowhere will she find such a comprehensive collection of hints, all specially gathered together from far and wide where she will readily find the appropriate hint which will solve her particular problem.

In compiling this handy little book we have had two objects in view, one to provide a service to the busy housewife and the second to raise funds which will be devoted to furthering the various aspects of the work undertaken by our Branch. We trust that we will succeed in both endeavours.

We are grateful to our sponsors and advertisers for their willing support in this undertaking and to those members of our Committee who so ably assisted in compiling this book.

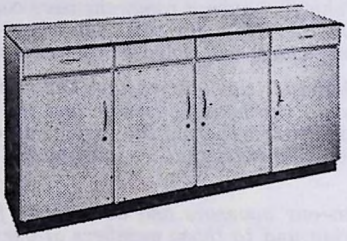
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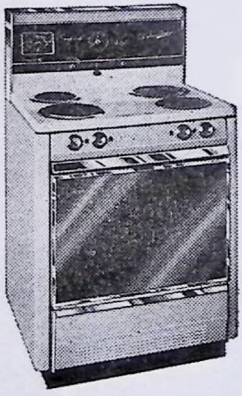
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Baking and Pastry Making

ALMONDS

To **Blanch,** pour boiling water over almonds, stand for 2-3 minutes and slip skins off with fingers. Spread on clean towel to dry.

BAKING

To **cream butter and sugar rapidly,** first rinse the bowl with boiling water.

To **stop batter from curdling,** when eggs are added to creamed butter and sugar for cake mixtures, add a little of the flour with each egg.

Always **mix baking powder thoroughly with flour** by stirring and sieving them together.

If recipe sets the baking time for a cake as 25-30 minutes, do not open the oven door until the first baking time, 25 mins., is up. Close the door gently if the cake is not ready.

To **facilitate easy cleaning of baking utensils and board,** sprinkle salt in the bowl the dough was mixed in, and on to the board. Remnants of the sticky dough are then easily removed.

BAKING TINS

Lining of cake tins: For rich fruit or plain cakes, use a double layer of aluminium foil paper to line tins. Neither tins nor paper need be greased.

Special **grease for CAKE TINS** (not for biscuits or scones): ¼ lb. cooking fat; ¼ cup flour. Cream together and keep in a covered container in the pantry — do not refrigerate.

To **get better baking results,** preheat baking sheet and cake tins before using.

For **less mess when dusting cake tins,** keep a soft powderpuff in the flour bin.

BEATING IN A BOWL

To prevent a **bowl from slipping** on a working surface place it on a folded wet towel or cloth.

BISCUITS

To keep biscuits fresh and crisp:

(a) Line the bottom of your biscuit tin with blotting paper.

(b) Place a layer of white sugar at the bottom of the tin. Renew once a month.

Biscuit dough that is difficult to roll. Wrap in greaseproof paper and refrigerate for 1-2 hours.

To **crisp soggy biscuits:** warm through in a slow oven then cool on a wire rack.

BUTTER

To **cut butter cleanly**, cover the blade of a knife with waxed paper or heat the knife in hot water.

To **decorate butter:** Dip a fork into hot water and run lines across squares of butter, garnish with a sprig of parsley.

To **butter bread for sandwiches:** Spread end of loaf with softened butter and cut as thin as possible.

To **get butter to go much further,** mix a cup of hot milk with a pound of butter. Beat the mixture with a beater until it thickens.

Butter **too hard** for baking:

(a) Grate it on a coarse grater. This makes it easy to rub into flour or cream with sugar.

(b) Add one tablespoon of boiling water while creaming.

(c) Place the butter in a basin which has just been rinsed with boiling water.

To **freshen rancid butter:**

(a) Break the butter into small pieces and place these in a bowl of fresh milk for one hour. Drain, wash in cold salted water and reform into pats.

(b) Stand the butter in a bowl of water containing a good pinch of bicarbonate of soda. Leave for two hours, drain and use.

To **prevent butter from sticking** to the dish, rinse first with cold water.

To **cream butter more easily:**

(a) Place in a basin which has just been rinsed with boiling water.

(b) Add a few drops of lemon juice to the butter and sugar.

To **measure half a cup of butter:** Half fill the cup with water, drop in the butter. As soon as the water is level with the top of the cup, you will have half a cup measured off. Pour off the water.

To **soften hard butter,** cover with lukewarm water for a moment or two, pour off and butter will be right for spreading.

CAKES

To keep cakes **moist:**

(a) Place a wedge of apple or lemon in the cake tin.

(b) Keep part of a loaf of bread in the cake tin.

To **keep cakes and biscuits fresh,** line the tin with a sheet of blotting paper.

To **make a moist chocolate cake, fruit cake or rich butter cake,** add one teaspoonful of glycerine to the butter.

To prevent cakes which have a **high sugar content from becoming sticky,** due to the fact that the sugar absorbs moisture from the atmosphere, line the cake tin with either tissue paper or a paper serviette.

To make a cake **light,** put a tablespoon of tepid water in the cake mix directly after pouring the eggs.

To **make a very light sponge,** beat the eggs and baking powder together before adding the sugar, then mix in the usual way.

To **make a light sponge,** add water instead of milk.

To **make cake lighter,** whip the white of the eggs into the butter and sugar, then whip in the yolk.

To **prevent uneven rising** of cakes, sift flour and baking powder thoroughly together.

To prevent cakes from being **heavy:**

(a) Check that the oven is not too hot.

(b) Increase quantity of baking powder.

(c) Reduce quantity of flour.

(d) Do not overbeat ingredients.

To **remove cake from tins without sticking:**

(a) Allow to cool for approx. 10 minutes before removing from tin.

(b) Place the baking tin and the cake in a basin of hot water for a few seconds. The heat will rapidly loosen the cake.

(c) Stand tin on a damp tea towel for a few moments.
(d) Line the tins with heavy-weight aluminium foil.

If **edges** of cakes, cookies or tarts **brown too quickly,** place a bowl of water in the oven while baking — the vapour keeps crust from burning before baking is complete.

If **oven is too hot** for cake, put wet butter paper on top of cake when it has risen, also underneath if necessary

To improve flavour of fruit cake: While storing cake in tin brush over with brandy once a week.

To **make muffins and cupcakes uniform in size,** use a ¼ cup measuring cup to fill each compartment of the muffin tin. This measure holds enough batter to fill one compartment two/thirds full.

Do not add milk to a **rich cake that is to be kept.** Use water, lemon juice or spirits, if extra moisture is needed. Milk causes formation of mould.

To **prevent cream squeezing out of a cream cake** when slicing, cut the top layer into slices before filling with cream. Only the bottom then remains to be cut.

Burnt cake: To remove burnt look on outside, carefully scrape off the burnt part, brush the portion with beaten egg white and dust with castor sugar. Put the cake back in the oven for a few minutes to dry.

To get biscuits and cookies to **brown evenly and eliminate greasing,** line pans with heavy-weight aluminium foil.

Use a strong cotton thread to **cut a cake in half** or to **slice hard boiled eggs.**

CAKE MAKING DONT'S

(a) Don't wash fruit unless very dirty. Rub it on a floured cloth. If you must wash, dry it very thoroughly afterwards.
(b) Don't over-beat. After eggs are added, the dry mixture should be folded or gently stirred in, never beaten quickly.
(c) Don't add too much raising agent, thinking you will have a lighter cake. You won't. Too much self-raising flour and baking powder will make a balloon that will flop as soon as the cake begins to cool.
(d) Don't open the oven door until the cake is set.
(e) Don't bang the oven door or open it suddenly, letting in a draught of cold air.
(f) Don't have the mixture too moist, or the cake will be heavy.

CHOCOLATE

To melt chocolate:

(a) Melt slowly in a basin standing over a pan at gentle simmering heat. Take care that basin does not touch the water. Never melt over direct heat.
(b) Place measured weight in a piece of aluminium foil inside a small strainer. Hang strainer over a saucepan of hot water.

If **chocolate suddenly becomes lumpy** and rough while melting, add a spoonful of homogenised vegetable shortening, stir and the chocolate will become smooth again.

COCONUT

To **color coconut,** combine 2 or 3 drops of colouring with one teaspoonful of water. Toss with coconut until evenly coloured.

To **toast coconut:** Spread coconut on a baking sheet and bake at 375° for 5-7 mins., stir occasionally until golden brown.

To **freshen shredded coconut:**

(a) Soak in fresh milk with a dash of sugar, a few minutes before using.

(b) Place in a sieve, set over boiling water and steam until moist.

CREAM

To **thicken fresh cream,** whip in a dessertspoon of honey, or add a few drops of lemon or a pinch of cream of tartar. Let stand a few minutes and whip.

To **whip cream easily:**

(a) Add a few drops of lemon juice and chill before whipping.

(b) Add a few drops of glycerine to cream.

To **whip cream that refuses to thicken:**

(a) First chill thoroughly then add a chilled egg white and whip again.

(b) Dissolve a little gelatine in a teaspoon of hot water. Beat with a beater until frothy, then add to cream and whip.

Substitute for cream: Evaporated milk may be used as a substitute. Boil unopened tin of milk for 30 mins., cool, then chill for a few hours. This can then be whipped like ordinary cream.

To **make sweet cream sour:** Add a teaspoon of vinegar or two teaspoons of lemon juice to each cup of cream.

Mock cream: Beat an egg white to a froth, add a well mashed banana and beat for a few minutes.

To **sweeten sour cream:** Add a pinch of bicarbonate of soda, flavouring essence, sugar and salt. The amount of bicarb used depends on the degree of sourness.

To **make cream go further** when whipping it add a stiffly beaten egg-white.

To **keep cream fresh in hot weather,** stir a pinch of borax into the cream.

FLOUR

To **keep dampness from affecting flour** while it is stored, tuck a bay leaf into the canister. The dried leaf will absorb moisture.

A powder puff kept in the flour bin is useful **for flouring a rolling pin** or board.

FUDGE

To make **pieces of fudge uniform** in size, pour fudge into buttered ice cube trays.

ICING

To keep **Royal Icing** soft, add a teaspoon of glycerine after the sugar. This prevents the icing becoming brittle and difficult to cut and gives it a smooth, glossy finish.

To prevent **Royal Icing** from becoming too hard and to preserve its whiteness, add a teaspoon of lemon juice to the icing.

If you have run out of flavouring for icing, use a little fruit squash.

Icing Sugar dredged over the top of a cake will **prevent the icing from running over the sides.**

Before spreading almond icing over a cake, brush the surface with a small quantity of melted jelly crystals. With the "plastic" base thus formed, it is easy to cut through the paste without it breaking away.

Use an eyedropper **to add colouring** when icing a cake.

When making marzipan and not sufficient icing sugar is at hand, add a tablespoon of Golden Syrup to the ground almonds. The marzipan sticks beautifully to the cake and needs no jam to spread on the cake. It also improves the flavour of the marzipan.

Decorations on iced cakes such as zig-zag designs will be easier if first marked out with a pin, or by using dividers to position the designs.

To **make a firm funnel for icing,** use a heavy-weight foil. Simply seal the foil at one end and pour the icing in at the other.

Chocolate icing: Add one teaspoon of instant coffee to chocolate icing. This gives the icing a lovely flavour.

MERINGUES

When **making meringues** allow the unbeaten egg whites to stand in the refrigerator overnight before whipping, and note the improvement.

To **help meringues keep their shape,** add a pinch of cream of tartar to the egg white.

To **cut a meringue pie cleanly,** butter the blade of the knife.

NUTS

In place of any kind of nuts required in a cake or biscuit recipe, substitute peanuts which have been toasted in butter and crushed lightly with a rolling pin.

If **only salted peanuts are available** and ordinary are required, rub them in a towel to reduce most of the salt and reduce or omit the salt from the recipe.

To **prevent nuts and fruit from sinking** in cakes: See Fruit.

A **quick way of chopping nuts** is to put them through a food mincer.

When **ground nuts are required** crush them between 2 sheets of waxed paper, with a rolling pin.

When **whole nutmeats are required** for baking, keep the uncracked nuts in the freezer for 2 days or more, then crack them immediately. Nutmeats come out of their shells in large pieces when frozen.

To **get walnuts out whole,** soak them overnight in salt water.

To **remove kernels from brazil nuts,** steam nuts for 10 minutes.

To **crack nuts easily,** heat them in the oven for a few minutes.

To **keep shelled nuts fresh** and sweet for months, place in covered containers and store in the freezer compartment of the refrigerator.

OATMEAL

Toast the oatmeal for oatmeal cookies — the cookies will be extra crunchy and flavourful. Spread oatmeal in a shallow pan and let the oven toast it while it heats to baking temperature.

PANCAKES

To **prevent pancakes from sticking** to the bottom of the pan, heat a little fat with two tablespoons of salt in a pan, until the salt browns. Wipe clean with an absorbent kitchen towel, then continue as usual.

To **keep hot plate or griddle clean when cooking crumpets,** use a piece of raw potato instead of grease on the pan.

To **improve pancake or crumpet batter,** add a teaspoonful of cooking oil to the batter before cooking.

To **prevent pancakes getting tough,** pop each pancake, as it is cooked, into a warm covered dish standing on a pan of hot water.
To **make lighter pancakes,** the batter should be beaten for about 10 minutes, until bubbles appear, before the final milk is added.

PASTRY

To **give cooked pastry a lovely golden finish,** add a little custard powder to the pastry board, instead of flour, when rolling.
To **make an eggless pastry glaze:** Boil 1 tablespoon brown sugar with 2 tablespoons milk, until the sugar is dissolved. Cool and brush on to pastry.

To **ensure a perfect flaky pastry,** use equal quantities of vinegar and water, instead of milk.
To **store pastry dough for long periods** without fear of contamination, wrap in light-weight aluminium foil.

To **keep pastry that is to be served cold, crisp,** use milk instead of water for moistening.

To make a **substitute for pastry cases** use thin slices of bread cut into rings with a biscuit cutter, hollow out the centre and fill.
To **cut strips for lattice work and pie toppings,** use pinking shears.
To **decorate pies,** cut leftover pieces of pastry into fancy shapes.

PIES

To **prevent filling from soaking into pie crusts:**

(a) Dust the bottom of the pie crust with a mixture of flour and sugar before adding the filling.
(b) Brush with egg white and allow to dry before putting in fruit.

To **prevent juices from soaking out of pies,** place a tiny funnel of uncooked macaroni upright in the centre of the pie.
To **prevent thin pie crust from breaking** before it reaches the pie plate, roll the dough on a piece of wax paper, then invert the paper over the pie plate and peel the paper off the dough.

To **prevent shrinkage of a pie crust,** roll out pastry and place in a pie plate without stretching. Set aside for 5 minutes before trimming and crimping the edges.
To **make a perfect lattice top** for a pie, cut a circle of rolled dough the same size as the pie top. Cut into strips. Place every alternate strip, in order, on the pie in one direction, and use the remaining strips for cross pieces.
If **crushed biscuits are required** roll them in a closed plastic bag.
To **prepare fruit pies for freezing,** top them first with a plastic film and then cover with foil, as foil is often pitted by acid fruits.
To **re-heat any type of pie**, seal in a paper bag and pop into the oven for about 10 minutes.
Before cutting pies, dip the knife into hot water.

RAISINS

To stone raisins:

(a) Put them on a tray in a very hot oven and the stones will pop out.
(b) Pour hot water over them, allow to stand for 3 minutes and drain. The stones are then easily removed.

RECIPES

When a **recipe quantity is doubled,** never double the salt and other seasoning. Instead, use only the original amount of salt and other seasoning. Taste before adding more.

SCONES

Scones will split more easily for buttering if the dough is folded double. Cut through the two layers before baking.

If scone **mixture is too moist,** do not add more flour and spoil the scones. Flour the board with cornflour.

TARTS

To **prevent jam from oozing out** of tarts and soaking pastry, coat the pastry with milk.

YEAST DOUGH

To make richer, **better textured yeast dough,** substitute 2 egg yolks for 1 whole egg in the recipe.

HIGH ALTITUDE COOKING AND BAKING

When living in a high altitude, like Johannesburg or Pretoria, it is important to make certain alterations to recipes found in books published at sea level, e.g.: overseas cook books.

1—**Increase the oven temperature** by 25 degrees.

2—**Shorten the baking time.** Always use the lesser baking time, e.g.: if a recipe says bake for 20-25 mins., bake for 20 mins.

3—**Reduce the baking powder** by ¼ e.g.: if recipe calls for 2 teaspoons use 1½ teaspoons; if for 4 use 3.

4—**Increase liquid** by 1 dessertspoonful per cup. This will prevent your cakes from being too dry.

5—**Do not sift baking powder with the flour,** but fold in after having completed the mixing of the batter.

6--Always **sift flour and sugar** before measuring.

ENGLISH AND AMERICAN EQUIVALENTS:

American tablespoon equivalent to our dessertspoon.
American tablespoon equivalent to 3 teaspoons.
English tablespoon equivalent to 4 teaspoons.
American and English teaspoon are equivalent.
American pint is 16 fluid ounces.
English pint is 20 fluid ounces.
American cup is equivalent to English cup or 8 oz.
English half-pint is a breakfast cup or 10 oz.
A gill is ¼ pint.

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Clothes and Their Care

BENZINE

When **sponging an article with Benzine,** add a little salt to prevent the mark from spreading.

To **use Benzine for removing stains:** Place a large piece of cotton wool under the stain. Work with another piece of cotton wool soaked in Benzine. Make a circle about an inch away from the stain and work inwards towards the centre. Finish off by repeating the process with cotton wool dampened with hot water. Press with a warm iron.

To **remove rings** formed when using Benzine: Sprinkle the area with french chalk and shake off. On dark or woollen materials use Carbon Tetrachloride.

To **remove rings formed from using Benzine on silk,** sponge the marks with a clean cloth dampened in cold water.

BLACK CLOTH

To **remove stains** from black cloth, rub with a cloth dipped in Spirits of Turpentine, then expose to the air.

CLEANING

To **remove marks** on white flannel trousers, white collars, etc., warm some flour, maizena or mealie meal — be careful not to make it too hot — and rub the mark with this on a clean cloth. Brush off the stained flour and repeat, then shake off.

To **remove dirty marks,** rub with a clean rubber.

CLOTHES BRUSH

To **remove fluff and dust** from clothes, especially wool, use an ordinary synthetic rubber sponge.

COATS

To **clean cuffs and collars** of suede coats: Dip a baby's brush into petrol, and brush the collars and cuffs until all dirt is removed. Finish by using a good dry suede cleaner.

CORDUROY

To **wash corduroy,** dip the article up and down in a bath of soapy water. Clean stubborn patches by rubbing gently with a soft brush. Rinse thoroughly with warm water. Hang on line to drip dry — do not wring.

To **freshen a corduroy garment,** which is not really dirty, rub over with a cloth wrung in potato water.

DYE

To **remove dye** which has spread from one material to another sponge with:

(a) Methylated spirits.

(b) Or a solution of water, methylated spirits and a few drops of ammonia.

To **keep hands clean while dying cloth,** rub Vaseline well into them beforehand.

To **help to make dye fast,** add a little vinegar to the dye, and to the rinsing water.

EIDERDOWN

To **wash an eiderdown,** soak in a solution of soap powder and warm water with 1 tablespoonful of household ammonia, for 10 minutes. Rinse in warm water to

which ammonia has also been added. Dry in the open air, shaking every half an hour to loosen the feathers.

FLANNEL

To **remove scorch from Flannel:** Rub a lemon into the scorched part, and leave on it as much juice and pith as possible. Place the flannel in a strong light to dry, then wash, dry and iron.

FURS

To **store furs,** place in a bag of unbleached calico, sprinkle the bag with turpentine and place a few mothballs inside. Store in a cool place.

GLOVES

Washing white Kid gloves: Wash in luke warm water to which a little ammonia has been added. Squeeze out well. Wash again in another basin of soapy water. Do not squeeze out soap. Pull the gloves into shape. Blow into them to open out the fingers. Fold between two towels and dry slowly. Stretch into shape when almost dry.

Washable leather which becomes hard after washing may be softened by adding an ounce of glycerine or olive oil, boiled with a cupful of soap suds, to the soapy water.

Cleaning light Kid or Suede Gloves:

(a) Wash in a little petrol. Hang on a line in the shade and wind to dry.
(b) Mix a paste of oatmeal and benzine. Rub on to the gloves until quite dry and the oatmeal falls off in flakes.
(c) Put the gloves on and rub the soiled areas hard with a slice of stale bread. When the bread becomes dirty change to another slice. (This will not work on heavy soil e.g.: grease spots).
(d) White or coloured gloves can be cleaned with ordinary toilet Eau-de-cologne. Just apply with a piece of cotton wool and rub the mark or stain.
(e) Rub soiled surface marks with a light india rubber.
(f) Rub the gloves with a cloth dipped in skimmed milk. Do not rinse. Dry.
(g) Brush lightly with Carbon Tetrachloride.
(h) Rub light suede gloves with Fuller's Earth.

To **clean Leather Gloves,** place in a jam jar half filled with benzine. Seal well and shake for 5 minutes. Pour off the dirty benzine and repeat.

Before drawing on **Rubber Gloves** cover hands with flour or talcum powder.

GYMS

To **restore the colour of worn navy gym tunics, sponge** the tunic with a strong solution of washing blue or ink added to ammonia water.

HANDKERCHIEFS

To **regain whiteness of old handkerchiefs,** boil in milk and water.

Before washing handkerchiefs, soak in cold water to which salt has been added, for a few hours.

To **avoid a cold infection from dirty handkerchiefs,** add some flowers of sulphur to the water, when washing.

To **press handkerchiefs when travelling,** wash and press against a window or the bathroom tiles while still wet.

HANDBAGS

Pigskin Handbags: To clean and keep skin in good condition rub the leather occasionally with a white Silicone Cream or transparent liquid wax.

To **remove grease marks from Pigskin,** sponge lightly with Carbon Tetrachloride.

To **clean really soiled Pigskin,** wash with warm water and leather soap. Rinse thoroughly, dry with a soft cloth and then polish.

To **clean Suede bags,** dip a piece of flannel in fine sawdust and rub this over the bag with a gentle upward movement.

To **remove grease from Suede,** rub with a cloth dipped in Carbon Tetrachloride. Dry, then steam by holding over a kettle of boiling water. Dry again. Rub any shiny parts with sandpaper.

To **clean discoloured reptile skins** (Snake, Crocodile, Lizard), rub over with freshly cut lemon. Rub in one direction only. Immediately afterwards polish with colourless shoe cream.

Lizard skin shoes or handbags can be cleaned with a soft cloth dipped in Hydrogen Peroxide.

HATS

To **clean Panama hats,** make a solution of Epsom Salts and warm water and rub this into the hat with a soft brush. Stuff the hat with a towel, shape and leave in the sun to dry.

To **stiffen floppy straw hats,** wipe the brim with a solution of sugar and water. Iron while damp, over a clean cloth, with a hot iron.

To **clean white straw hats,** brush all the dirt out, then apply Salts of Lemon (Potassium Quadroxolate). Dry the hat in the shade.

To **revive old straw hats and handbags,** wash with a solution of equal parts lemon juice and water. Do not make the article too wet. Afterwards sprinkle some Sulphur powder on it, then brush off.

To **clean a white or grey felt hat:**

(a) Apply magnesia powder or Talc with a soft cloth. Leave on for a while, then brush off.
(b) Clean with Carbon Tetrachloride, sand paper or emery paper.
(c) Mix magnesium oxide powder with cold water to make a paste. Apply to the entire hat. Leave to dry and brush off.

To **remove rainspots from felt hats:**

(a) Wring out a towel in hot water. Place it over the hat and stand near a fire. The spots will vanish as the towel dries.
(b) Rub the spots with fine steel wool.

To **remove grease marks from felt hats,** make a paste of benzine and flour and rub it into the felt. Allow to dry and brush off.

To **stiffen felt hats,** if the brim has become floppy, put a damp cloth on the hat and press with a hot iron.

IRONING

To **remove shine** from **serge clothes** rub with hot vinegar before pressing.

Pressing clothes is made easier if **brown paper** freely sprinkled with water, is used instead of the usual cloth.

To **iron crisp, sharp creases in men's trousers,** turn the trousers inside out and

rub ordinary yellow washing soap down the inside of the crease. Then turn them the right way round and press the crease with a hot iron and slightly dampened cloth.

When covering an ironing board, put a layer of aluminium foil under the sheet. The ironed articles will look as if they have been ironed on both sides.

IRONS

To prevent **irons sticking to starched material:**

(a) Add a dessertspoonful of vinegar to the starch when mixing it.

(b) Mix starch with a few soap flakes before mixing with boiling water.

To **clean** an electric iron:

(a) Wipe with a duster soaked in cold tea — this also gives a good shine.

(b) Draw iron over paper sprinkled with salt. Then rub with a damp cloth and polish with a dry cloth.

(c) Run hot water over the ironing surface, apply silver polish and rub evenly; rinse and dry.

JERSEYS

To **prevent the cuffs and necks** from stretching out of shape, thread them with thin hat elastic.

KHAKI CLOTH

To **improve colour of khaki clothes,** add a few grains of Condy's crystals to rinsing water.

LACE

To **revive faded black and Ecru lace,** stand overnight in black tea solution.

To **maintain the colour of cream or coffee coloured lace** rinse in weak coffee water.

To **avoid the shiny look of ironed lace,** cover it with clean tissue paper and iron over this.

To **iron lace:** It must be damp, not wet. Wrap it in a damp tea towel for 10 minutes, then press wrong side up on a well padded ironing board.

To **wash lace:** Soak it in a solution of borax and water for 10 to 12 hours. Wash gently in soapy water and rinse well.

To **clean lace:** Sprinkle thoroughly with magnesia powder, fold and allow to stand for 3 or 4 days. The magnesia will absorb the dirt and can then be brushed out.

To **gently stiffen lace:**

(a) Dip it into a solution of sugar and water.

(b) Rinse in a mixture of methylated spirits and water (1 tablespoon methylated spirits to 1 gallon of water).

To **prevent lace from turning yellow,** store it in blue tissue paper.

To **clean gold or silver lace embroidery,** brush with a soft brush dipped in alcohol.

To **repair torn lace or net curtains:** Place the torn part flat on the table, wrong side up, over an ironing blanket. Dip a matching piece of lace or net, large enough to cover the hole, in cold starch, wring out, place it over the hole and press with a hot iron.

LEATHER

When storing leather shoes for a long time, rub the soles well with raw linseed oil, store upside down.

To **replace torn leather** on a shoe heel, stick it with nail varnish, then varnish over again before polishing.

To **clean old leather:**

(a) Clean with a brush dampened with a weak solution of soda water. Wash and dry then polish.

(b) Soften leather with oil and then rub with a sponge dipped in turpentine.

(c) Polish with a mixture of half pint vinegar and 2/3 pint of boiled linseed oil. Shake well to form a cream-like consistency.

To **clean a light leather bag,** rub it with a cloth dipped in Carbon Tetrachloride. Wash carefully with saddle soap, using the minimum of water. Rinse thoroughly with a cloth wrung out in clean warm water. Dry and polish with colourless leather polish.

To **clean a white leather handbag,** use Sal Volatile.

To **remove grease from leather:** Dab the spots with Spirits of Sal Volatile. Allow time for the liquid to act and rinse with clean warm water. Repeat for old marks.

To **remove stains from leather:**

(a) Use eucalyptus oil.

(b) Use egg white.

To **brighten up leather or imitation leather chairs,** mix one part of vinegar to two parts of boiled linseed oil. Bottle and shake until the mixture is like cream. Apply with a very soft duster.

To **revive leather chairs,** rub lightly with turpentine and polish with clear shoe polish.

To **preserve hide leather,** rub it hard, several times a year, with a cloth dipped in castor oil. This replaces the natural oils which gradually dry out causing the hide to crack or tear.

To **mend a leather glove,** place slightly warmed adhesive tape under the tear.

To **make an extra hole in suede or leather belts,** use the red-hot end of a steel knitting needle. It makes a perfect hole, without jagged edges and will not stretch.

To **renovate leather,** rub a mixture of 1 dessertspoonful of methylated spirits and 1 tablespoonful of milk into the leather. Rub with a soft cloth.

LINEN

To **whiten linen:**

(a) Boil together with crushed egg shells tied in a muslin bag.

(b) Soak yellow articles overnight in a solution of 1 teaspoonful of Cream of Tartar to 1 quart water.

MARKING INK

To **prevent marking ink from running on linen,** first write the letters with a soft lead pencil before using the ink.

To **remove marking ink:** Prepare a solution of chloride of lime and another solution of ammonia. Immerse the marked linen in the solution of chloride of lime. When the writing has lost its colour, remove it from this solution and immerse immediately in the ammonia. Leave for a few minutes, then rinse.

MATERIALS

To **remove the dressing from material,** e.g. tea-towels, soak in cold water with a tablespoon of Epsom Salts.

A close friend

OK

Faded material may be made white by boiling it in a solution of 1 teaspoonful of cream of tartar to 1 quart of water.

To **restore body to limp fabrics,** such as voile, linen, cotton, silk — add gelatine to the rinsing water. Dissolve 2 teaspoons of gelatine in ½ pint hot water, make up to 5 pints with cold water.

Shrinking Test: To test if material shrinks, cut a small square of paper the same size as the material. Place them together and wet both squares. The material, when dry, should be the same size as the paper, or else it has shrunk.

MUD

To **remove mud from clothing,** rub the affected parts with a piece of raw potato.

NYLON

To **stiffen nylon petticoats:** Immerse in the following mixture for 3 minutes, do not wring out — drip dry. Dissolve 2 teaspoons gelatine in boiling water. Make a cup of starch in the usual way. Mix the two together and pour in sufficient cold water to clarify the mixture.

OSTRICH FEATHERS

To **clean ostrich feathers:** Squeeze the feathers out in warm soapy water, not hot water, till clean. Then rinse in cold water a couple of times. Lay out on a towel to dry.

RAFFIA BAGS

To **clean Raffia bags,** whip up a lather with a soapless detergent solution and work it into the raffia with a cloth or soft brush. Wipe over with a damp cloth It is important not to let the raffia become too wet.

RAINCOATS

To **clean waterproofed materials:** Sponge with a solution of alum and water, using 1 oz. of alum to 1 quart of water. Repeat with clear warm water. Dry in open air.
To **remove grease marks from raincoats,** use petrol.

RIBBONS

To **stiffen ribbon,** place a piece of waxed paper on the underside and iron over it.

SATIN

To **renovate Black Satin,** peel and slice two large raw potatoes into a basin. Cover with a pint of water, add a pinch of salt and stand all night. Sponge satin on the right side with this water and wipe it slightly with a cloth. Iron on the wrong side.

To **remove marks from satin:** Apply a paste of Fuller's Earth or French Chalk moistened with water. Allow to dry and brush off.

SCORCH MARKS

To **remove light scorch marks:**

(a) Rub in a little dry borax, and sponge with warm soapy water.

(b) Apply a paste of starch and water, and place in the sun to dry.

(c) Rub moistened bread crust over scorch mark.

To **remove scorch marks on linen and woollens:**

(a) Make a fairly thick paste with glycerine and borax. Spread thickly on

scorch marks and leave for at least an hour. Rinse off in luke warm water and launder in the usual way.

(b) Make a paste of magnesia and water, spreading it over the mark. When dry, the powder will brush off and should take the mark with it.

To **remove from silk:** Apply a paste of bicarbonate of soda and water .

To **remove from flannel:**

(a) Soak in milk, then spread thickly with salt, leave for an hour, then wash in cold water.

(b) Rub a lemon into the scorched part and place in the sun to dry. Wash in the usual way.

To **remove from white material:** Moisten the mark with peroxide and dry in the open air.

To **remove from skirts and handkerchiefs:** Rub immediately in milk and wash in soap suds.

Spread small quantities of sliced onion over the marks, and leave for a few hours. Do not rub.

Try rubbing the marks with the flat side of a silver coin.

Boil 2 oz. soap with ½ pint white vinegar and finely chopped onion for 10 minutes. Strain — when cold, apply to the mark. Allow to dry — then wash as usual.

SHIRT COLLARS

To **remove dirt stains on the inside of shirt collars** without scrubbing, rub white chalk into the marks and toss the shirt into the clothes hamper. By the time you are ready to wash the shirt, the chalk will have absorbed the grease and the stain will wash off easily.

To **clean an impossibly dirty collar,** spread hair shampoo directly on the marked area before washing.

SHOES

To **remove shine from suede shoes:**

(a) Rub the shiny marks with fine sand paper. Then hold the shoe in the steam from a boiling kettle. Brush over with a clean cloth.

(b) Rub the shine with carbon tetrachloride, then rub lightly with a fine emery paper.

Dried mud on suede shoes can be removed without leaving marks or stains, if fine oatmeal is rubbed on with a pad and then brushed with a fine wire or rubber brush.

To **remove dust and fluff from suede shoes,** use an ordinary synthetic rubber sponge.

To **clean suede shoes,** rub the marks with turpentine, leave to dry, then brush.

To **clean suede shoes and bags,** use an ordinary pale coloured india rubber.

To **renew Patent Shoes:** Never clean with ordinary shoe polish. Keep a small bottle of black spirit enamel handy, and when the shoes are cracked and shabby, apply a coating of the enamel with a small paint brush.

To **clean patent shoes:**

(a) Take a soft rag and rub sweet oil into the leather twice a week.

(b) Dip a rag in petrol. Rub the shoes well, then polish with a clean cloth.

(c) A little petroleum jelly rubbed into patent leather shoes will prevent them from cracking.

To **brighten patent leather shoes,** rub with an onion then polish with milk.

To **blacken brown shoes:**

(a) Rub raw potato over the shoes before applying black polish.

(b) Apply a mixture of equal parts of blue-black ink and ordinary blacking, and polish the boots with this.

To **remove stains from brown shoes,** rub them with a sliced lemon then polish as usual.

To **restore shabby brown shoes,** wash with an equal mixture of milk and turpentine.

To **keep brown leather shoes looking well polished** all day. Rub them well with the inside of a banana skin. Allow to dry, rub with a soft cloth. Then polish with brown shoe polish.

To **remove stains** from **brown shoes,** cut a piece of lemon and rub well into the shoes. Polish with brown polish.

When using white shoe cleanser mix it with a little milk instead of water to prevent it powdering or flaking.

To **whiten white shoes,** wash with soap and water, and apply Brasso with a piece of cottonwool.

To **clean white shoes,** apply white shoe polish only every fourth cleaning. Use a stiff tooth brush and warm water to work the old application into use again at the other cleanings.

To **remedy shoes that pinch,** place a freshly peeled potato in the shoe and leave to stand overnight. The leather will expand and the shoe will be wearable without discomfort.

To **soften a shoe that pinches,** moisten the part with methylated spirits. Put the shoe on while still damp and the spirits will allow the shoe to shape to the foot.

To **prevent blistering when wearing new shoes,** rub the back of the shoe with soap.

To **soften and preserve the leather of new shoes,** smear a few drops of castor oil where the soles and uppers join and allow to stand overnight.

To **remove slipperiness from soles of children's new shoes,** rub the soles with a slice of raw potato.

Use narrow elastic to lace up **children's tennis shoes.** This will enable them to put them on without untying and tying the laces. The elastic laces also make the shoes more comfortable.

To **disguise scuffed heels on satin evening shoes,** coat with colourless nail varnish and roll in gold glitter dust.

To **cover scuff marks on white shoes,** damp the spot and rub with a white lead pencil, used for whitening nails.

To **dry wet shoes,** stuff them lightly with torn newspapers and lie them on their sides to dry. The paper will absorb the moisture.

To **polish damp boots, add** a few drops of paraffin to the polish.

To **clean brocade shoes:**

(a) Sprinkle with talc powder and allow to stand overnight. Brush off and repeat if necessary.

(b) Sponge with a cloth wrung out in a mixture of equal parts methylated spirits and water.

(c) Dab stubborn marks with eucalyptus oil.

To **remove sea water stains from shoes,** melt a small lump of washing soda in some hot milk. Rub this over the shoes with a sponge. Leave to dry and polish.

To **revive light coloured leather which has become marked or streaky,** clean with benzine; apply a liberal coat of polish and leave for a while before shining.

To **clean light coloured shoes,** rub with a paste of bran and petrol. Leave the paste to dry for 10 minutes then shake off and dry with a clean, damp cloth.

SILK

To **keep the shine on silk when washing:**

(a) Wash in potato water.

(b) Add a little methylated spirits to the final rinsing water.

SKIRTS

To **store pleated skirts,** place in an old stocking.

SOCKS

Hang socks on wooden hangers that have bars, then if the weather becomes bad, the hangers are easy to bring inside instead of unhooking each sock from the line.

To **clean the soles of tennis socks,** soak in a solution of 1 pint of warm water and a dessertspoon of bicarbonate of soda, for 1 hour.

STARCH

To **prevent starch from sticking to the iron:**

(a) Add a little butter to the starch when boiling.

(b) A teaspoon of turpentine added to the starch helps and also gives a fine gloss.

(c) Add a few soap flakes to the starch before adding to the boiling water.

To make a **glossier starch and keep silver moths away,** add a little Epsom salts when making the starch.

To **stiffen doilies** so that they retain their stiffness: Mix 1 tablespoon methylated spirits, 2 teaspoons borax, $2\frac{1}{2}$ tablespoons starch, 1 teaspoon soap flakes, 1 cup cold water. Mix well and allow to dissolve. Dip the dry, clean doiley in this and iron while wet. Rub a little candlewax on the point of the iron to prevent it sticking. The method of ironing is the secret of the upstanding doiley. The lacy portion must be ironed inch by inch, the lace being pulled gently with the fingers as each portion is ironed dry.

If a **little stiffening** is required, **without the trouble of making starch,** dissolve a few lumps of sugar in a cup of boiling water, add to the rinsing water. Iron damp. Milk can be used as a **substitute** for starch.

STOCKINGS

Keep a pair of old white gloves in your stocking drawer and pull them on when drawing on stockings. This will **prevent snags.**

To **avoid snags when washing** stockings, wear rubber gloves.

To **stop runs in nylon stockings,** apply a drop of colourless nail polish.

To **strengthen nylon stockings and socks,** place in a mixture of 1 oz. aluminium ammonium sulphate and 1 quart water for half an hour. Remove and rinse in soapy water, then in clear water.

Panti-hose: If one has two pairs of panti-hose with one leg laddered, cut off the laddered leg and then wear the two pairs, one on top of the other.

To **dye odd stockings** to the same colour, place them together in a pot of cold water and bring slowly to the boil.

To **prevent nylon stockings becoming tangled** when hanging on the line, drop a cent coin in the toe of each stocking.

To **wash black stockings,** so that they preserve their colour:

(a) Add a teaspoon of pure malt vinegar to the rinsing water.

(b) Add one teaspoon of turpentine to the washing water. Rinse well in lukewarm water afterwards.

SUITS

To **remove shine from suits:**

(a) Mix equal parts of Methylated Spirits and cold water, add a few drops of ammonia. Brush it lightly over the shiny area, iron lightly, using damp muslin to cover the material.

(b) Brush the garment thoroughly, rub the shiny spots with a clean cloth which has been dipped in a mixture of two cups of water and the juice of half a lemon. Hang in a shady place to dry and press with a damp cloth.

(c) Rub with hot vinegar.

To **remove the shine from navy, black or brown suits** or dark serge, cold tea is often effective. Brush the area first, sponge with cold tea or dip a brush into the tea and brush it into the fabric, then press on the wrong side. As a final finish, when the material is quite dry, iron again over a piece of velvet.

Light material and serges can be sponged with hot water containing a tablespoon of household ammonia to each pint. Brush the garment thoroughly first, to remove dust. Then sponge and finally rinse with a clean cloth wrung out in warm water. Press first on wrong side then right side.

To **revive and freshen colour of a suit,** sprinkle salt on the garment and leave for a short time. Rub off with cotton wool.

TAFFETA

To **iron:**

(a) Iron taffeta while still damp, this retains the papery effect.

(b) Iron on the inside.

To **stiffen taffeta:**

(a) Mix 1 oz. of gum arabic with 1 pint of hot water. Stir well, allow to cool, strain and store in a bottle. To each pint of water used for the final rinsing add 1½ tablespoons of this mixture.

(b) Wipe on the wrong side with a damp cloth dipped in borax and water. Iron on the wrong side when almost dry.

TIES

To **clean ties professionally,** put them in a glass jar half-filled with benzine to which a heaped dessertspoon of salt has been added. Put on the screw top and

shake vigorously for two or three minutes. Remove ties, hang up to dry. When dry press with a damp cloth and a moderately hot iron.

TRAY CLOTHS

Tray cloths look best if they are not folded. A good way of storing them is to wrap them around the cylindrical cardboard tubes on which waxed paper is sold.

TROUSERS

To **save turn-ups from fraying,** sew a small button to the inside of turn-ups where the trouser touches the instep, and another at the back of the leg. The buttons take the brunt of the wear and save the trousers.

To **keep creases in trousers,** rub soap along the inside of the creases and then press under a damp cloth in the usual way.

VELDSKOEN

To **clean veldskoen,** scrub them with soap and water, rinse, then stuff the shoes with paper so that they will keep their shape while they dry. When dry, brush with a wire steel brush.

VELVET

To **iron velvet**, fill a bottle with very hot water, then draw the velvet article slowly over the bottle, right side up.

To **remove creases from velvet,** place garment in bathroom when running a hot bath. The steam will help to remove the creases.

To **dry clean white velvet,** sprinkle with fresh white chalk, rub in gently, roll the article up and leave for 24 hours, then shake and brush out.

VELVETEEN

To **wash velveteen,** add a little ammonia to a nice soapy lather. Plunge the velveteen garment into it, taking care the water is not too hot. Wash as quickly as possible without rubbing any soap on the material. Rinse well and thoroughly in two lots of warm water with a little ammonia added to each rinse. Hang at once in the open air to dry. Do not on any account squeeze or wring velvet or velveteen.

Pieces of old velvet can be used for:

(a) Polishing delicate furniture.
(b) Removing fluff from clothes.
(c) Removing animal hair from furniture.

WASHING

When **colours have run,** dissolve a 4 oz. packet of Epsom salts in 2 pints of water. Soak the garment in this overnight. The mixed colours will disappear and it will look like new.

To **prevent colours from running, 'set'** by:

(a) Soaking for 2 to 3 hours in salt or vinegar water (one tablespoon of either to every quart of water) together with 1 teaspoonful of powdered alum, before washing.
(b) Soak in a mixture of grated potato and cold salt before washing.

To **prevent colours from fading** while drying, rinse the garment in dilute salt solution before hanging to dry.

To **regulate the blue in washing water,** instead of using the small blue bag, place a small section of a blue tablet in a pint bottle filled with water. Cork and cut a

hole in the stopper. Shake well and when required sprinkle this blue water into the rinsing water.

To **remove excess blue from garments,** soak in fresh mixture of vinegar and water.

To **revive the colour of a garment,** add salt or vinegar to the rinsing water.

WOOLLENS

To **prevent woollens matting after washing,** add some olive oil or glycerine to the water.

Try not to rub woollen garments as this **causes matting,** rather soak the very dirty garments overnight. Alternately soak and then spin dry, repeat several times if necessary. This is better than conventional washing.

To **prevent 'fuzz-balls' forming,** turn woollen garments inside out while washing.

To **increase the softness of woollen garments,** add a fabric softener to the final rinsing water.

To **soften and prevent shrinking** when washing, put a cup of vinegar in the last rinsing water.

To **restore garment to original size and fluffiness,** finish off washing in clear soap suds instead of water.

To **give woollens back that firm look,** dissolve 1 level dessertspoonful gelatine in 2 quarts of water, and use this in the final rinse.

To **keep white woollens snowy-white,** add a little blue to the last rinse.

To **whiten discoloured white woollens,** soak them in a weak solution of 1 part hydrogen peroxide to 10 parts of water.

To **dry clean white woollens,** lay on a white cloth, and pat warm clean mealie meal through. Repeat if necessary.

To **remove a shine from woollens** that have been wrongly ironed:

(a) Hold them over a steaming kettle.

(b) Brush the shiny part with vinegar, turpentine or strong black coffee.

To **remove the shine from dark coloured woollen fabrics:**

(a) Mix enough blue ink with water to make the water turn medium blue. Then add a few drops of household ammonia, until the mixture has a blackish colour. Brush the garment with this.

(b) Treat with a solution of 1 tablespoon ammonia to a pint of luke warm water.

To **remove scorch marks from wool:**

(a) Not too severe: Sponge with soap and luke warm water.

(b) Rub with the flat side of a silver coin.

(c) Spread small piece of sliced onion over the marks and leave for a few minutes.

(d) Treat with a little dilute hydrogen peroxide.

To **prevent woollen socks from getting hard,** add a teaspoon of olive oil to the water for washing.

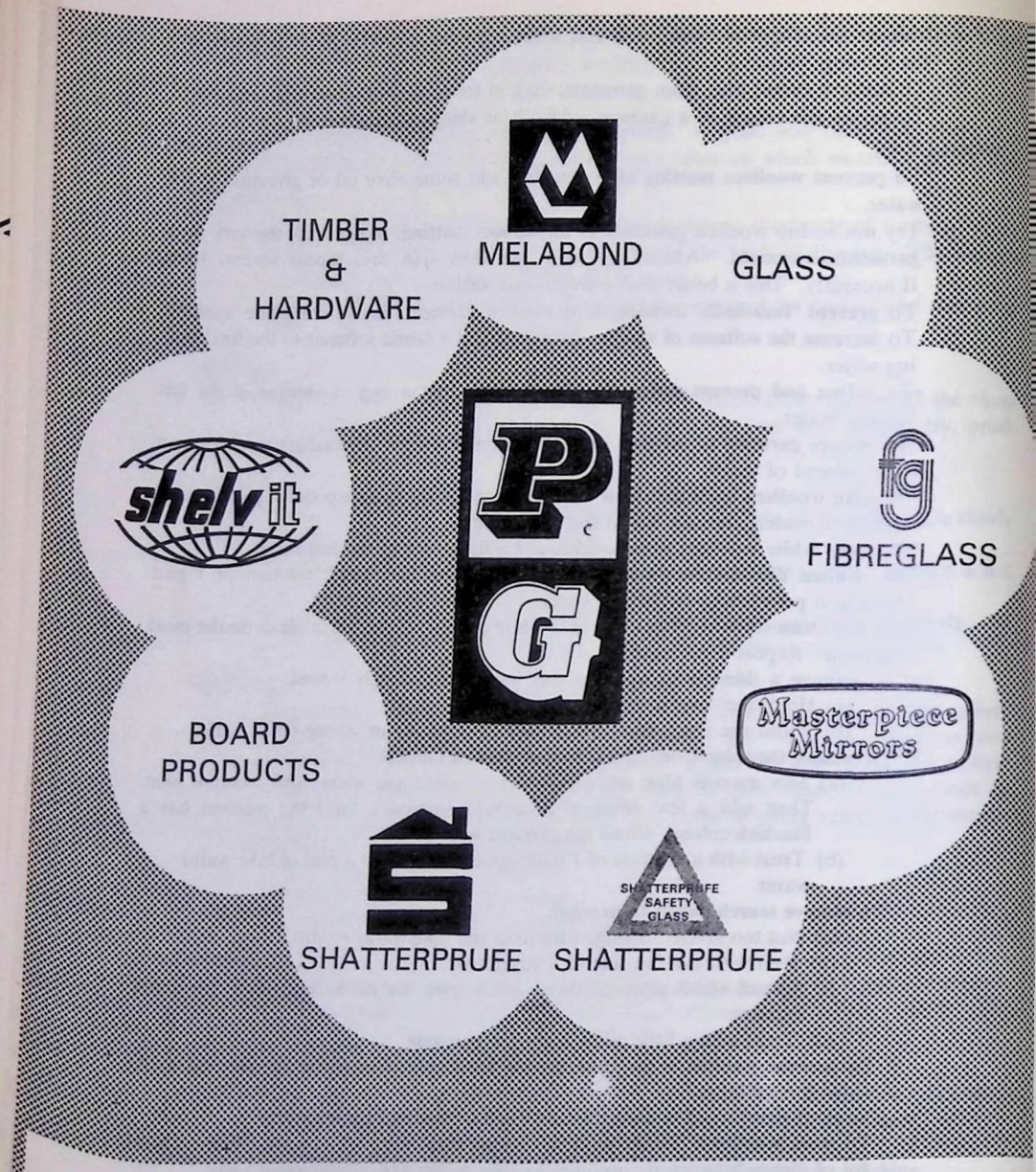
To **mothproof woollen garments** add alum to the final rinsing water.

To **store woollens:** Never put away soiled garments — first wash. Place a handful of cloves between the woollies to keep moths and similar pests away.

To **remove perspiration odours** from woollen garments sprinkle on talc powder followed by a dusting of bicarbonate of soda.

ZIP FASTENERS

To **prevent zip fasteners from sticking,** rub them with a lead pencil.



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Flower Hints

CARE OF CUT FLOWERS

Cut flowers in the late evening, early in the morning or on a cool overcast day, not in the bright sun or wind.

Most flowers last longer if cut in the late afternoon, while the sugar manufactured by the leaves during the day is still in the stems. By morning it has moved to other parts of the plant for storage.

In **hot weather,** take a bucket of tepid water with you while picking, and plunge the flowers into this as soon as cut.

For **longer lasting arrangements,** cut most flowers, except dahlias, in bud.

Cut with a sharp knife which makes a long slanting cut rather than scissors which cut straight across the stem.

After plants have been cut, place immediately in deep cool water. Cut off an inch of stem under water so that water can fill the stem before air enters.

Woody plants, such as chrysanthemums, hydrangeas, roses, wisteria, flowering shrubs, absorb water freely if their stems are well crushed for an inch or two.

Milky-stemmed blooms should have their stems burnt as soon as cut. Otherwise immerse ends in hot water.

Hollow-stemmed flowers should have their stems dipped into boiling water for a few seconds.

Succulent plants such as lilies, tulips, water lilies and most spring bulbs should be placed in deep water for at least 20 minutes to allow absorption.

Evergreens and hardy tree branches should have their bark stripped for a couple of inches, and the ends crushed. Stand in deep water overnight in a dark cool place.

Plants with slimy juices should be put in a saturated solution of alum overnight. Remove superfluous leaves, flowers and buds from stems. These rot rapidly when submerged in water and tend to clog the stem.

Hot Water Treatment: Protect the foliage and flowers before immersing in a shallow bowl of hot water. Leave for about 2 minutes, then place in a bucket of deep cool water before arranging.

Charring Treatment: Protect the flowers and foliage from the heat of the flame. Expose about 2" of stem, char, and place in a bucket of deep cool water before arranging.

CARE OF CUT FLOWER ARRANGEMENTS

Fill up the water in arrangements daily.

There is no need to disarrange a bowl of flowers when adding water. Use a teapot with a long spout.

To **keep the water in a vase fresh** and sweet smelling add:

(a) A few drops of liquid bleach.

(b) A lump of coal or charcoal to the vase.

To keep the flowers fresh:

(a) Dissolve a small piece of camphor in the water.

(b) Add a little salt to the water. This also stops flowers from opening too quickly.

When **arranging flowers whose stems have previously been burnt** or placed in boiling water, fill the vase with very hot — not boiling water. It is then not necessary to burn any of the stems when cutting them to shorter lengths to suit the arrangement.

Before arranging bought flowers, cut off half an inch of stem, then place the flowers immediately into deep water.

To **revive drooping flowers:**

(a) Lay straight on damp newspaper, wrap firmly in position, stand in deep water and leave for a few hours before arranging.

(b) Cut off a small piece of the stem and soak in deep water. If the stalks are hard and woody, the ends should be split for an inch or so from the bottom.

(c) Recut the stems and place the flowers in deep hot water to soak for about ½ hour.

To **send flowers by post,** wrap them in several sheets of damp newspaper. The ends of the stems should be closed by dipping them in melted wax.

Cut flowers that have their **stems broken,** can be put into the vase with some cellotape wrapped around the broken stem.

To **arrange flowers in a large bowl,** crumple up a bit of chicken wire and press it into the bowl.

AGAPANTHUS

No special treatment necessary. Soak to arrange. Buds will open. If you intend growing them in a garden remember that the dwarf blue variety flowers four times as prolifically as the tall one. (Lasts 10-14 days).

ANEMONES

Char ends and place in hot sugar solution, leave until cool, arrange.

ARCTOTIS

The new giant hybrids are free-flowering in spring and summer. Place cut flowers in deep cold water to soak. They will close the first night, but if the vase is placed in full sun for half an hour the next morning, the blooms will open and remain open thereafter. (Lasts about a week).

ARUM LILY

Soak in cold water and arrange.

To **bend stem:** Tear off an eighth of an inch wide strip of the transparent skin of the stem, by lifting with a pin on the open side of the trumpet. The warmth of the hand will then easily mould the stem and it will stay in that position.

The 'green' arum, actually white and green, lasts 4-6 weeks. The yellow and pink arums last about 2 weeks.

ASPIDISTRA LEAVES

To have beautiful green, shiny aspidistra leaves, wipe them with some olive oil dipped in cotton wool.

ASTERS

Pick flowers when half open. They open fully in the vase.

Flowers can be cut 2 days before using.

Strip off surplus leaves and place flowers in tepid sugar water — 1 teaspoon to a pint. Soak for 2 hours before arranging. Add sugar to the vase.

To prevent stems rotting and keep water fresh, place a small piece of charcoal in the vase.
Last 10 to 12 days.

AUTUMN LEAVES

Cut autumn leaves will last longer if they are stood in a mixture of glycerine and water, to a depth of 6" for a few days.

AZALEAS

Crush the ends of the stem, remove two inches of bark, place into three inches of very hot sugar solution; leave until cold. Plunge completely in cold water and leave until ready to arrange. Add half a teaspoon of Methylated Spirits or other alcohol to every pint of water when arranging. (Last 2 to 3 weeks).

BARBERTON DAISIES

Pick fully open 'young' flowers early in the morning. The older the flower the shorter the life in the vase.

Place ends of stems in boiling water for 2 or 3 minutes. Soak in deep water overnight.

Revive drooping flowers by cutting off an inch of the stem and soaking in hot water for half an hour. Re-arrange in fresh warm water containing a little sugar.

BERRIES

Pick when berries are well coloured. Hammer or scrape the last two inches of the hard stems and place in boiling water for three minutes. Soak in cold water overnight. (Last 3 to 4 weeks).

To **preserve berries and acorns** brush them with a weak solution of glue. They will keep for months.

BLOSSOMS: CHERRY, PEACH, ETC.

Pick blossoms when buds are just bursting.

Hammer stems and place in boiling water for 3 minutes or scrape away an inch of bark, split the ends of the branch and place it in warm water.
Soak overnight in cold water.

To **prevent petals falling,** arrange in a mixture of 2 teaspoons sugar to every pint of water.
Last 7 to 10 days.

Do not use a household utensil for soaking as stems exude prussic acid which is poisonous.

BOTTLE-BRUSH

Hammer ends of stems. Place in boiling water for three minutes and soak overnight in cold water.
Lasts 4 to 5 days.

BOUGAINVILLEA

Remove any unnecessary leaves.
Hammer the ends of the stems and place in boiling water for 2 to 3 minutes or char ends and place in warm water and leave until cool.
Submerge completely in a bath of cold water to soak overnight.
Arrange in water containing three drops of peppermint oil to every pint.

BUTTONHOLE OF FLOWERS

A **buttonhole of fresh flowers** may be preserved by making a hole in a bit of cardboard and passing the stem through this into a glass of water.

CALENDULA AND CANDYTUFT

Soak in warm water and arrange. (Lasts about a week).

CAMELLIA

Pick sprays when flowers are fully open. Remove only those leaves which will be under water. Arrange at once in cold water. The flowers drop off after about two weeks. The decorative, glossy leaves last a month or more.

Do not handle petals: keep in water with one teaspoon sugar to two pints water until used. Spray petals with salt solution to prevent discolouration.

CANNAS

Immerse stems for 2 hours before arranging in:

(a) Half a teaspoon of oil, or essence of peppermint in a quarter pint of water.

(b) Half a teaspoon of alcohol in a quarter pint of water.

CARNATIONS

Pick in the afternoons when fully open.

Cut the stem between the nodes.

Slit the stem lengthwise with the thumb nail or a pair of scissors.

Soak overnight in deep water.

Arrange in cold water to which a pinch of salt and a lump of charcoal should be added.

Add a few drops of methylated spirits to the water.

Last 7 to 14 days.

CESTRUM

Soak well.

Arrange in cold water. Add half a teaspoon of sugar to every pint of water.

Last over a week.

CHINCHERINCHEE

Soak and arrange in cold water.

Last several weeks.

CHRYSANTHEMUM

Pick when fully open, preferably in the afternoon.

Scrape or hammer stems. Place in boiling water for two minutes. Soak overnight in cold water containing 10 drops of methylated spirits to every pint. (A quarter of a teaspoon of powdered alum can be used in place of the spirits — but some varieties only respond to the latter). (Or 3 drops of Oil of Peppermint).

CLARKIA

Soak well.

Arrange in tepid sugar water — 1 teaspoon to a pint.

Add a lump of charcoal to the vase.

Last a week or more.

COLUMBINES

Place stems in boiling water for 10 seconds.
Soak in warm water to which has been added one teaspoon of sugar to a pint.
Last 5 to 7 days.

CANTERBURY BELLS

Place stems in boiling water for 10 seconds.
Turn upside down, fill the hollow stems with water and plug with cotton wool.
Arrange in sugar water with 2 teaspoons sugar per pint of water.

DAFFODILS (NARCISSUS)

Pick just as the flowers are opening. Cut the flowers at ground level. Never pull them out of their sockets.
These flowers dislike being soaked in deep water.
Stand stems in 2" boiling water and leave until cold.
Arrange in shallow water — 2" to 3" maximum. Add water only if it has evaporated below this level.
Last about 10 days.

DAHLIAS

Pick flowers in the early morning, after being well watered the night before.
Cut firm stems with fully open blooms. Buds rarely last in water.
Cactus and pom-pom varieties last better than the average decorative blooms, unless the latter are picked with short stems and arranged in a floating bowl.
Strip stems of lower leaves and place in boiling water for 20 seconds.
Immerse for about 2 hours in deep water containing:

(a) Half a teaspoon of oil or essence of peppermint in a quarter pint of water.
(b) Half a teaspoon of alcohol in a quarter pint of water.
(c) Fifteen drops of methylated spirits to each pint of water.
(d) Quarter teaspoon powdered alum to each pint of water.

Arrange in water containing:

(a) See (c), (d) or (b) above.
(b) Two tablespoons vinegar per vase of water.

Revive blooms by recutting the stems and soaking again in deep hot water.
Last 4 to 6 days.

DAISIES

Pick flowers when fully open.
Place stems in boiling water for 15 seconds.
Soak and arrange in warm sugar water containing half a teaspoon sugar to each pint of water.
Last 1 to 2 weeks.

DELPHINIUMS

Cut stems with the majority of flowers open.
Clip off leaves and soak in sugar water containing 1 tablespoon sugar per gallon of water.
or
Dip in boiling water for 30 seconds. Soak in warm sugar water containing 2 teaspoons of sugar to a pint.
or

Place in hot water and leave until cold.
Arrange in sugar water containing 2 teaspoons of sugar to a pint. Use a deep vase as the water must stand well up the stems.

Do not change the water, merely fill up the vase if necessary.
Last 5 to 7 days.

GIANT DELPHINIUMS

Pour water into the hollow stems and plug with cotton wool.
Soak the stems in deep water overnight before arranging.

ESCHSCHOLTZIA (California Poppy)

Pick in the early morning, just as they are beginning to open.
No special treatment required. Soak and arrange in cold water.

Flowers will close the first night. Place the vase in the sun for half an hour the next morning and they will remain partly open thereafter.
Last several days.

FERNS

Burn ends and leave submerged in water until ready to use.

FLOWERING QUINCE (Cydonia Japonica)

Pick stems with plenty of buds and few open flowers. The buds will open while in the water.

No treatment is required. Cut off the tips of thorns to avoid accidents.
Change the water once a week.
The flowers last for several weeks, becoming successively paler until the last ones are pure white.

GARDENIA

Pick flowers when fully open, being careful not to handle the petals as they bruise easily.

Soak in water containing one teaspoon sugar to 2 pints water until used.
Arrange in iced water.

To **prevent discolouration of petals,** spray with salt solution.

GAURA

Pick stems with plenty of buds.

Place in boiling water for 10 seconds. Soak and arrange in tepid water.
The open flowers will die, but thereafter a succession of fresh ones will keep on opening for a week or more.

GILLIA

Pick fully open flowers for brilliance. Buds however will also open in the vase.
Soak and arrange in cold water.
Last 10 to 12 days.

GLADIOLI

To ensure that all the florets will open, break off 2 or 3 buds at the top of the head.

Unless required for immediate display, pick stems with one or two flowers open.
Gladioli do not like deep water.
To **force flowers to open quickly:**

(a) Recut the stems, put the ends in boiling water and keep the water hot until they are sufficiently open.

(b) Place the stems in boiling water for 30 seconds. Soak in fairly hot water and put the flowers in strong light. Keep the water hot.

To **delay opening** and prolong life: Place stems in boiling water for 30 seconds then soak in iced water for 2 hours.

Arrange in cold water containing two teaspoons vinegar to each pint of water.

GREENERY, LEAVES, ETC.

Leave submerged in water for as long as possible before using.

LEAVES

Do not pick young leaves or young sprays of foliage, as they will not last.

When using individual leaves, submerge them completely in water and leave to soak overnight.

Scrape the lower portion of the bark or stem; otherwise hammer well. Place in boiling water for a few minutes: 1 minute for soft stems, 3 minutes for woody stems. Then place in a container of warm water overnight.

Aspidistra, Rhubarb and Arum leaves do not like hot water. Soak in cold water. Last about 2 weeks.

Fine leaves of **Maidenhead ferns** must be burnt at the tips and then soaked in cold water. They will last 2 or 3 weeks.

Red **prunus** leaves last about 14 days.

Pittosporum, Privet, Gum Camellia and Pussy-willow last 3-6 weeks.

Leaves are improved by oiling — rub on a film of olive oil with a piece of cotton wool.

To **preserve sprays of beech leaves, clematis or magnolia** use a mixture of glycerine and water. Bring the mixture to the boil, immerse the leaves for approximately 2 weeks, till the mixture has penetrated the branches.

HIBISCUS

Pick buds with about half an inch of stem just as they are beginning to open and 24 hours before needed.

Put the buds on wire stems or on to the thorns of a thorny spray, by pushing the point of the wire or thorn through the bottom of the flower. They can then be used in decorations as they are, as they need no water.

Flowers can also be used by merely picking the newly opened flowers — only half an inch of stem — and placing them in heaps on the table.

HOLLYHOCKS

Place in hot water and leave until cold.

Turn upside down and fill hollow stems with water. Plug with cotton wool.

Arrange in water containing 2 teaspoons sugar per pint of water.

HUNNEMANNIA (Mexican Tulip Poppy)

Pick young flowers and buds together with leaves. Older flowers have the seed pod protruding from the centre.

Soak and arrange in cold water.

Last 10 to 14 days.

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HYDRANGEAS

Do not pick young heads, wait for flowers to mature.
Strip most of the leaves from the stem.
Hammer the ends of the stems or burn ends until black, or sear with boiling water.
Then submerge up to the blooms in cold water, and leave for 12 to 24 hours.
Add one teaspoon of alum to the water in the vase.

To **revive wilting hydrangeas,** crush the stems and boil them in vinegar until the colour changes. Follow by standing them up to the blooms in cool water and leave overnight.

IRIS: BEARDED AND DUTCH

Pick in the early morning. Cut blooms just as the first buds open.
Soak and arrange in cold water.
Bearded Iris: individual flowers last for 2 days then buds open successively for about a week.

Dutch Iris lasts 2 weeks.

JASMINE (YELLOW)

Pick when buds are open.
Soak and arrange in cold water.
Lasts 2 to 3 weeks.

When **cutting flowers,** do not cut through the new green portion of the stem, but about 2" along the old wood.

LARKSPURS

To **prevent petals falling:**

(a) Add a dessertspoon of starch to the water.
(b) Soak them in a solution of sugar water, one tablespoonful to one gallon of hot water. Also add sugar to the container in which they are arranged.
(c) Immerse the stems for 2 hours in a solution of a half a teaspoon of alcohol to a quarter pint of water.
(d) Soak for 2 hours in a quarter pint of water containing half a teaspoon of either oil or essence of peppermint.

Pick while in bud. The buds will open while in the vase. Remove the bottom leaves and place in boiling water for 15 seconds.

To **prevent the stems rotting,** place a lump of charcoal in the water of the vase. Change the water after 4 or 5 days. The blooms will last a good 2 weeks.

LILIES: TIGER, REGALE, AMARYLLIS, NERINE, ETC.

Pick when first flowers are opening. Cut the stems. Do not pull out.
Soak in cold water. Cut ends before arranging.
Arrange in shallow water — 2" maximum, containing a little sugar.

LINAPIA

Soak and arrange in cold sugar water. Use half a teaspoon to a pint.
Last 4 to 5 days.

LUPINS

Pick only fully open flowers. Buds do not open well.
Place in boiling water for 1 minute. Soak in warm water
Place in hot water and leave until cold.
Turn upside down and fill stems with water. Plug with cotton wool.
Arrange in deep water containing two teaspoons sugar to every pint of water.
Last 4 to 5 days.

MAGNOLIA

Remove most of the leaves.
Burn stems until black and immerse up to the blooms in cold water. Leave for 2 hours before arranging.
Arrange in 1 teaspoon sugar per pint of water.
White Magnolia: Be careful not to touch the petals as they bruise easily.
Scrape bark for 2" from base or hammer the stem well.
Soak in deep hot water and allow to cool.
Arrange in deep tepid water.
Last 2 to 3 weeks.

MARIGOLDS

Pick sprays. Buds will open while in the vase.
Remove most of the leaves and side branches. Soak in cold water.
Arrange in cold water containing a pinch of salt and a lump of charcoal.
Last 3 weeks.

MIGNONETTE

Dip the stems in boiling water, immediately after cutting, for 10 seconds.

MIMOSA

Hammer the ends of the stems and put them into hot water. Leave to soak overnight.

MORNING GLORY

Char the ends of the stem. Soak in a weak salt solution for one hour.
Put a rusty nail or pin up the base of the stem and arrange.

NAMAQUALAND DAISIES

Place these in the sun for an hour the day after picking, to coax them to remain open. (Only the large orange-coloured hybrids will do so). These last about a week.

NASTURTIUM

Soak and arrange in cold water. Loosen and re-arrange nasturtiums after they twist, or wire to keep in place.
Nasturtium Vines will grow in water and flower buds will open if they are fed every week with a few drops of liquid manure in the vase.

PAMPAS PLUMES

Pick while still silky.
Strip off all leaves, right down to the cane. Soak in cold water.
Arrange in warm water containing 1 teaspoon of sugar and 1 teaspoon of glycerine to every two pints of water. Do not change the water. Add cold water as required.

The plumes will fluff out after a week and in 6 weeks the stems will die. The plumes can then be arranged dry.

To dye plumes dip them into cold water dye. Allow to dry in the open air. Hold head down and shake gently while drying, to fluff up.

PEONIES

Either char or place in three inches of boiling water for a few minutes (protect blossoms from steam).

PETUNIAS

Char ends.

Put a rusty nail or pin up the base of the stem and arrange.

PHLOX

Annual variety needs no special treatment.

Perennial Phlox should be placed in boiling water for 30 seconds. Soak and arrange in tepid water.

Last several days.

PHYSOSTEGIA: RHODESIAN HEATH

Place stems in boiling water for 30 seconds.

Soak overnight in warm water.

Arrange in sugar water.

Last 7 to 10 days.

POINSETTIAS

Strip leaves from stems you intend picking, the day before you cut the flowers, in order to allow the stems to 'bleed' on the bush.

When cut, place stems in boiling water for 2 to 3 minutes or burn in a flame. Soak overnight in deep water.

Do not use a household utensil for this purpose as poinsettia flowers are poisonous.

Arrange in cold water.

Last 2 weeks.

POPPIES

Char ends of stems or place in boiling water for 2 to 3 minutes.

Soak in deep cold water overnight.

PRIMULA

Use only cold water.

Last 10 days.

PROTEAS

Pick half open flowers.

Hammer stems. Place in boiling water for 3 minutes. Soak in cold water.

Arrange in cold water containing glycerine.

Extremely long lasting.

RED HOT POKERS

These have juicy stems which twist into queer shapes when put into hot water and alter the "line" of an arrangement. The stems should be wired to ensure that they remain in place and then soaked overnight in water.

RANUNCULI

Char ends and place in hot sugar solution, leave until cool, arrange

RHODODENDRONS

Crush the ends of the stem or remove two inches of bark.
Soak in 2" or 3" of very hot sugar solution. Leave until cold.
Plunge completely in cold water and leave until ready to arrange.

ROSES

When picking a rose see that one petal has begun to unfurl or it might not subsequently open.

Cut the stem on the slant, just above a leaf which holds the growing point of another flower.

To **prevent buds from opening quickly:**

(a) Place stems, with leaves attached, into deep iced water and stand in a cool dark place.
(b) Strip leaves, scrape 2" of bark and submerge in deep cold water up to their heads for 2 hours before arranging.
(c) Char ends and place in hot sugar solution. Stand until cool.

To **keep roses fresh:**

(a) Add a little salt to the vase water.
(b) Place an aspirin in the water.
(c) Arrange in ice cold water containing 1 tablespoon of alum per pint of water.
(d) Add a little lemon juice to the water.

Rose stems seal themselves when cut. Slit the stems about ½" before arranging.

To **force a rose bud to open,** place a lump of sugar in the water.

To **revive wilted roses:** Make a slanting cut off the end and place the stems in fairly hot water for an hour, or until the water is cool. Then place in cold water and stand in a dark place for a few hours.

SESBANIA

Pick shortish sprays, about 8" long, with open flowers, in the late afternoon
Soak in deep hot water and allow to cool.
Arrange in water containing a few drops of Methylated Spirits.
Last 4 to 5 days.

SNAPDRAGONS, CORN FLOWERS, SWEET SULTAN, GODETIA

Place in warm sugar solution and leave until cold. Arrange.

SUNFLOWERS

Place stems in boiling water for 10 seconds.
Soak and arrange in sugar water containing 2 teaspoons to a pint of water.
Last about 2 weeks.

SWEET PEAS

Cut flowers at about noon on the day before arranging
Soak overnight in deep water.

TULIPS

These dislike being soaked up to their necks in water. Only 2-3 inches of the stems should therefore be put into water for overnight soaking.

To keep fresh longer stand stems in 2 inches of boiling water and leave till cold.

VIOLETS

Pick late in the afternoon. Mature buds will open in the vase.
Soak and arrange in cold water.
When buying violets, buy strongly scented (fresh) bunches.
Last 5 to 6 days.

WATER LILIES

To prevent lilies from closing, remove the green petals from the back of the flower. These open and close the lily.
Drop some warm paraffin into the centre of the flower.

WISTARIA

Burn ends of stems on an open flame.
Dip in alcohol or submerge completely in deep cold water for several hours before arranging.
Arrange in a mixture of 1 part methylated spirits or alcohol to 2 parts tepid water.
Only last a few hours.

ZINNIAS

Cut the stems between the notches.
Slit the stems lengthwise with scissors and soak overnight in deep water.
or
Burn the ends of the stems. Soak in deep warm water.
Arrange in warm water.
Miniature varieties last better than the giants.
Last 5 to 7 seven days.

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SCHLESINGER ORGANISATION

Freezing

WHAT NOT TO FREEZE

FRUIT:

Melon balls can be frozen but have an unappetising appearance and texture when defrosted.
Bananas: The fruit itself remains firm and flavourful but the peel discolours rapidly.
Pears tend to go mushy.

VEGETABLES:

Fresh raw vegetables cannot be frozen, except green peppers, cabbage and celery.
Mealies can be frozen but have an unappetising texture when defrosted.
Boiled potatoes become mealy.
All potatoes tend to become watery when frozen and have a poor flavour. Do not include them in stews or other dishes, rather add when reheating the dish.

MEAT:

Do not **refreeze meat** which has been frozen and thawed.
Oven prepared meats freeze better than **fried meats**, which tend to become rancid.
Stuffed poultry: The stuffing does not freeze rapidly enough to be safely free from bacteria.

DAIRY PRODUCTS

Hard boiled eggs become tough, but mashed egg whites can be frozen and used for garnishes.
Sour cream separates.
Cream cheese becomes crumbly, but is fine in combination with other food.
Roquefort and Blue Cheese crumble easily when frozen.

SANDWICHES

Mayonnaise separates on freezing.
Use only the yolks in **egg mixtures** for sandwiches. The whites get tough.

PICKLES AND RELISHES:

Dishes containing **sauerkraut** do not freeze well.

PUDDINGS

Gelatine dishes weep.
Custard and cream pies do not lend themselves to freezing.
Jelly does not freeze well.

CAKES

Macaroons and meringues toughen and shrink when frozen.
Spice cakes freeze for a maximum of 6 weeks as the flavour tends to change. Use the minimum of spice and omit cloves.
Boiled frostings become sticky.
Chocolate icing tends to become blotchy after a long freezing period.
Crumb and cheese toppings should be added to food when it is ready for serving.

DEFROSTING FROZEN FOOD

General:

Food requires about 3 hours per pound if **defrosted at room temperature,** and 6 hours per pound if **defrosted in the refrigerator.**

All sticky foods, e.g. whipped cream, iced cakes, open faced sandwiches, etc., must first be flash frozen, uncovered. As soon as they are frozen wrap as usual for freezing.

To **defrost,** remove wrapping first.

Meat:

Thaw **croquettes or any breaded food** to be sauteed or deep fried, uncovered and at room temperature so that moisture does not form.

If food is already fried, then thaw uncovered at room temperature and bake in a 400° oven.

Poultry and Fish are best defrosted in the refrigerator in hot weather as they deteriorate rapidly.

Dairy Products:

Cheese dips and cream can be frozen but require 24 hours defrosting time in the refrigerator.

Cheese requires 5 hours defrosting time in the refrigerator.

Eggs can be defrosted overnight in the refrigerator.

Sandwiches:

Thaw **sandwiches** in their wrapping for 2-3 hours in the refrigerator or ½ hour to one hour at room temperature.

To **defrost open faced sandwiches,** spread on serving trays and cover with a damp cloth.

To **defrost ordinary sandwiches,** leave in original wrapping but open so that moisture does not make the bread soggy.

Defrost bread in its freezer wrapping to prevent it becoming soggy.

Cakes:

Defrost cakes unwrapped, at room temperature.

FREEZING HINTS

General:

Undercook prepared foods that must be re-heated for serving. They may be undercooked by as much as ½ hour if they require a good deal of time to reheat.

Cool prepared dishes quickly to stop cooking process. Place the dish either in iced water or ice cubes.

To **preserve the original flavour of a dish,** add a pinch of monosodium glutamate for each serving.

Fruit:

To **prevent discolouration of uncooked frozen fruit,** add Ascorbic Acid powder to the package in the proportion of 3 level teaspoons Ascorbic Acid to every 2 cups sugar. Use this mixture to coat the peeled fruit.

Vegetables:

If only **half of the frozen vegetables are needed,** the whole package need not be thawed. Run very hot water over a sharp knife and cut the package in half. Wrap the extra portion in tin foil and return it to the freezer.

Vegetables should be cooked frozen.
Fresh onions get stronger on freezing.

Soup:
Make **soup concentrates** as a space saving device. Prepare the soup as usual, but use a smaller quantity of water. Freeze and add required amount of liquid before reheating.
Skim off as much fat as possible from the surface of **soups, stews, etc.** before freezing.

Meat:
Trim fat from **uncooked meat** before freezing. It has a tendency to turn rancid over a long freezing period.

Meat pies and turnovers are best frozen unbaked.

Liver should be double wrapped when freezing.
When **preparing stews,** do not completely cook the vegetables, as they will finish cooking during the re-heating.
If stews are to be frozen do not include potatoes until just before using.

Dairy:
Dairy products are highly perishable and should be thawed in the refrigerator.

Cakes:
Cakes, biscuits and bread can be **refrozen** any number of times.
Pies: Freeze mince pies, pumpkin pies and fruit pies before baking.

Unbaked fruit pies to be frozen should have the juice thickened with tapioca or cornstarch in place of flour.
Do not cut vents in **covered pies** before freezing, make the cuts after the first 10 minutes of baking.

Sandwiches:
To **prevent the bread from becoming soggy,** spread it to the edges with butter or margarine.
Keep different kinds of sandwiches separated from one another to **prevent them from becoming soggy.**

Freeze **open-face sandwiches** quickly on trays. Then pack in plastic bags.
To **freeze ordinary sandwiches** wrap them in plastic wrapping and then freeze.

Sandwiches may be frozen for up to 6 weeks.

Spices:
Spices tend to **alter their flavour** when freezing.
Black pepper, cloves, garlic, curry and salt get stronger and bitter.
Season food lightly before freezing and add spices when re-heating.

BLANCHING (To pour water over food or parboil): Each pound of raw vegetables requires a gallon of boiling water. Prepare a large pot of boiling water, a wire basket and a large basin of ice or iced water.
Add vegetables to boiling water and count blanching time from when water returns to the boil. Cool immediately, to stop enzyme action, plunge vegetables into ice water. Drain, dry and pack into plastic bags.

FEASIBLE FREEZABLE FOODS

Fruit:

Plums, prunes, avocados, pears, pawpaws, mangoes and melons keep best in uncooked puree form.

Open packets of prunes, raisins, figs and grated coconut will maintain their freshness if frozen.

Syrup from canned fruits may be frozen into cubes and used in hot fruit sauce for a dessert.

Grated lemon or orange peel may be frozen and used as needed.

Lemon juice can be frozen in individual ice cube sections and used as required.

Vegetables:

Chopped or grated onion may be frozen and used as required.

Chopped green peppers may be frozen and used as needed.

Chopped chives can be frozen.

Par-cooked Potato chips may be stored for up to a month in the freezer.

Rice, in a casserole, freezes well.

Partially used cans of **bamboo shoots and sauerkraut** freeze well in their own liquor.

Soup:

Stocks: meat, fish, chicken, etc. freeze perfectly.

Fish:

Freeze **crabs and lobsters** cooked and shelled.

Freeze **shrimps** raw, shelled and deveined. They tend to become tough if frozen after cooking.

Sauce and Gravy:

Beat **sauces and gravies** before freezing to prevent them curdling.

Cream sauce, bechamel, hollandaise, brown and white wine sauces: Defrost before **re-heating.** Use the top of a double boiler. Stir all sauces as they are reheated to prevent separation.

Freeze **concentrated stocks or gravy** in cubes.

Herbs:

Freeze fresh mint, dill, parsley, rosemary, etc.

Make **bouquet garnish** of parsley, thyme and bay leaves. Fennel, leek, marjoran and tarragon may also be added. Freeze and use without defrosting.

Spices:

Fresh ginger may be frozen and grated frozen, when needed.

Dairy:

Whole eggs: Freeze in ice cube trays. Select as many eggs as there are sections, break into a bowl and stir, just enough to mix. Add $\frac{1}{4}$ teaspoon salt per $\frac{1}{2}$ cup (about 6 eggs). Put the eggs in the tray. Set the divider in place. When frozen put the cubes into a plastic bag. Each cube equals one egg.

Egg yolks: Freeze in containers in quantities of 2 or 3, usually sufficient for most requirements. Add $\frac{1}{4}$ teaspoon of salt or $\frac{1}{4}$ teaspoon sugar per $\frac{1}{2}$ cup yolk. Mix lightly as above. One tablespoon of yolk equals one egg yolk.

Egg whites: Do not mix or add any salt or sugar. One egg white is equivalent to 2 tablespoons white.

Mashed hard boiled egg whites can be frozen and used for garnishing.

Cheese, well wrapped will freeze well, especially cheddar, Mozarella and Camembert.
Cheese dips will freeze, if the cream cheese is blended with cream.
Cheese dips may look grainy on defrosting but will regain their smooth appearance if well whipped.
Store a little **grated cheese** in the freezer — handy for topping casseroles.
Cream can be frozen in its original container if there is a little head room.
Heavy cream whips easily if a few ice crystals remain after defrosting.
Whipped cream may be frozen.
Drop **individual dollops of cream** on a baking sheet lined with freezing paper. When frozen remove from baking sheets, package and return to the freezer. Use on top of desserts or on hot chocolate while still frozen.
Butter may be frozen if it is overwrapped, as it absorbs odours easily.
Ice cream: Once opened this must be overwrapped, to prevent the formation of ice crystals.

Puddings:
Steamed puddings and Mousses freeze well.
Freeze desserts with whipped cream or whipped egg whites.

Cakes:
Freeze pies with a high degree of shortening.
Pancakes, French Toast or Waffles: Freeze and reheat at 375° to serve.
Cream Puffs filled with whipped cream freeze perfectly.
Butter icing and water icings freeze well.
Brown sugar does not harden or lump if frozen.

Sandwiches:
Stale bread: Freeze as croutons for soup, or make into bread crumbs and freeze.
Sandwiches can be **garnished** before freezing but vegetable garnishes such as parsley, tomatoes or lettuce must be added just before serving.
Mayonnaise may be used in fillings if it constitutes no more than one-third the volume.
Sandwiches freeze well for many months.

Sweets and Nuts:
Candied fruits and peels freeze well.
Popcorn, fudge, chocolates and caramels will store well, up to 6 months.
Marshmallows freeze well and cut easily while still frozen.
Nuts: Freeze nutmeats whole, chopped, slivered or buttered and toasted.
Tea and Coffee:
Freeze **coffee and iced tea** in cubes in ice trays and use for iced tea or coffee. The drink will not dilute as the ice melts.
Ice:
To **store ice cubes,** empty frozen ice cubes into plastic bags and store in the freezer.
Freeze ice cubes with a cherry, cocktail onion or olive for **cocktails.**

Baby Food:
Half used baby food bottles may be resealed and frozen.

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Household

ALARM CLOCK

To **increase the ringing noise** of an alarm clock, place clock on a saucer.

ANTS

TO GET RID OF ANTS, INDOORS:

(a) Add a little sugar to yeast and put it where necessary.
(b) Sprinkle a mixture of borax and alum on shelves.
(c) Place sliced lemon on saucers and leave around the house.
(d) Place saucers of Tartar Emetic (Antimony Potassium Tartrate) mixed with sugar, and slightly moistened, around the house. This drives ants away but is poisonous, so must be kept in safe places.

TO GET RID OF ANTS, OUTDOORS: Pour paraffin around foundations.

TO KEEP ANTS OUT OF CUPBOARDS: Place cupboard legs in tins sprinkled with paraffin.

TO LOCATE ANT NESTS: Sprinkle sugar round their haunts; they will reveal the nest by carrying the sugar into it. Saturate the nest with paraffin or a strong disinfectant.

BASKETS

To keep **baskets looking fresh,** scrub occasionally with hot soap suds.

BATHS

CLEANING BATHS AND SINKS:

(a) To clean bath and chrome taps use a little paraffin on the cleaning cloth.
(b) Moisten a cloth in peroxide, dab into cream of tartar and rub well. Leave to dry, then rinse off.
(c) Rub bath stains with a slice of lemon dipped in salt.
(d) **ENAMEL BATH:** To clean enamel bath, moisten a tablespoonful of dry kitchen salt with a little spirits of turpentine and scour the bath well with this, using an old leather piece or soft rag. Wash afterwards with warm soapy water.

To remove YELLOW STAINS from a bath or basin:

(a) Add a little metal polish to scouring powder, and clean with this mixture.
(b) Pour a few drops of undiluted vinegar on a cloth and rub the stain vigorously. When it has gone, rinse well.
(c) Make a paste of chloride of lime. Leave on until dry, then wash off with water.
(d) Rub stain with sand and lemon juice, or turpentine and sour milk. Then rinse with warm water.
(e) Clean with borax and warm water.

STAINS: Dab on diluted spirits of lemon (1 oz. to ½ pint of water).

STAINS CAUSED BY A DRIPPING TAP. Mix borax and a few drops of peroxide to a paste.

To **prevent a ring forming** around the bath, place a good spoonful of liquid or powdered detergent in the bath water.

BATH PLUGS. A temporary remedy for a badly-fitting bath plug is to cut a 4 inch square from a plastic bag and to place it over the drain before inserting the plug. Just hold the plug in place when you first let the water in.

BATHROOM

To **cut down on the amount of steam** when running a hot bath, run cold water into the tub before running the hot water.

BLANKETS

To **remove tea stains** from blankets, cover a deep basin with the stained part. Sprinkle with borax and pour water through the blanket. If they are **old stains,** soak them in glycerine for several hours, then wash.

To **restore the original fluffiness** of blankets when washing:

(a) Add 1 tablespoonful of glycerine to the rinsing water.

(b) Add 1 tablespoonful of household ammonia to the washing water. Rinse in water to which 2 tablespoons of ammonia have been added.

(c) Dissolve 4 oz. of rock Fuller's Earth in a quart of boiling water. Add enough cold water to cover the blankets. Soak them overnight. Squeeze out in the morning and rinse.

To **keep moths out of blankets while being stored,** sprinkle them with powdererd alum.

When **washing blankets which have to be stored,** add a melted camphor block to the rinsing water to keep the moths out.

BRASS AND COPPER

To **polish brass or copper:**

(a) Make a paste of vinegar and salt. Rub over the brass. Wash in hot soapy water and dry. Polish with a soft duster or leather.

(b) Use half a lemon dipped in kitchen salt. Rub over the brass and leave to dry. Rub with a clean cloth.

(c) Polish with a cloth soaked in turpentine. Rub with a chamois leather.

(d) Mix cigarette, cigar or pipe ash with a little water to a smooth paste. Apply this, then polish with a silk cloth.

(e) Add a little paraffin to a commercial cleaner. The brass will stay bright much longer.

To **clean lacquered Brass or Copper:**

(a) Rub with a cloth dipped in sour milk.

(b) Rub with a mixture of vinegar and water.

(c) Do not use brass polish.

To **remove stains:**

(a) Dissolve 1 oz. oxalic acid in ½ pint boiling water. Add 1 teaspoonful of Hydrochloric Acid when cool. Apply the mixture generously. Wash off immediately with hot soapy water. Rinse and dry well.

(b) Rub with ammonia.

(c) Rub with fine chalk moistened with Spirits of Turpentine.

(d) Dilute Spirits of Salts (Hydrochloric Acid) 5 to 6 times with water. Tie a rag to the end of a stick and rub over the brass. Rinse thoroughly under running water. Wash with soapy water. Dry well.

To **clean Brass Door Handles:** Rub the handles with Methylated Spirits. Rinse with metal polish. When they are highly polished wipe with a clean cloth wrung out in Methylated Spirits. Spray or brush on a clean lacquer, which will prevent tarnishing for 12-18 months.

To **protect paint on woodwork of doors, while cleaning brass doorknobs:** Cut a circular hole in a piece of cardboard and pass this over the knob.

To **keep brass or copper shining,** clean with metal polish then polish immediately afterwards with a little wax polish. The shine will last considerably longer.

To **maintain the shine on external brass doorknobs or name plates,** rub over with a cloth soaked in paraffin.

To remove green rust marks from brass, clean with an old toothbrush dipped in ammonia.

To **clean a brass bedstead,** rub with furniture cream and polish with a soft cloth.

To **clean a copper kettle,** fill with boiling water. Rub the outside with a cut lemon. Allow to dry for a few hours, then rub off and polish.

BUCKETS

To **repair a leaking bucket.** Give it a coat of enamel paint on the outside; while wet, spread a piece of calico over it; apply a second coat of enamel. Allow to dry.

To **clean a dirty galvanised iron bucket:** Scour inside and out with fine steel wool and turpentine. Then wash well.

CANDLES

Candles will **burn twice as long** if you sprinkle salt on them before lighting.

CARPETS

To **restore the colour of a faded carpet:**

(a) Add a cupful of vinegar and a half teaspoon of ammonia to a half gallon of water, and wring out a cloth in this. Go over the rug with the cloth.

(b) Rub over with warm water and turpentine, using half a tumbler to a pail of water.

To **brighten the colour** of carpets, help **bring up the pile and prevent the dust flying:** Before sweeping, sprinkle over a mixture of kitchen salt and moist tea leaves.

To **rectify curling carpets:**

(a) Try stiffening the edges by applying a thin layer of adhesive plaster to the back.

(b) Apply a thick starch paste to the under-edge of the rug. Place a piece of brown paper over the starch and iron until dry.

To **restore a crushed or matted pile,** lightly rest a hot iron over a damp cloth on the carpet, leave for a few seconds, then brush up the pile.

To **clean an animal acid stain off carpets,** apply soda water immediately, not in excess, and blot off.

To **keep moths away from carpets,** rub the floor underneath the carpet with turpentine.

CEILINGS

To **clean ceilings which have been blackened with smoke:**

(a) Use a damp cloth wrung out in a solution of washing soda. Do not use soap.

(b) Brush marks with fairly thick starch paste. Allow to dry and brush off with a soft cloth.

CHAMOIS LEATHER

Never use chamois leather in hot water.

Wring out and gently spread out to dry to **prevent becoming tough.**

To **clean greasy chamois leather,** soak overnight in clean water, add a little ammonia, then rinse out in clean cold water.

CHINA

To **mend broken china:** Mix 1 teaspoon alum in tablespoon of water. Stand in a hot oven until it is quite transparent. Wash the broken pieces of china in hot water and while still warm apply the mixture. Work quickly as it sticks instantly. This will withstand hot water and all normal wear and tear.

To **restore whiteness to white china.** Soak in a solution of borax and water for a few hours.

To **remove tea or coffee stains from china:**

(a) Apply borax on a soft cloth.

(b) Use salt and lemon juice.

To **remove egg stains** from china, apply salt that has been dampened with cold water.

Never scrape off left-overs from china plates, remove them with a tissue or paper napkin.

CLOCKS

Place a piece of cotton wool, moistened with paraffin, inside the back of the clock — **the fumes clean the works.**

COCKROACHES

To **keep cockroaches out of cupboards,** dust the shelves with:

(a) Boracic powder.

(b) Mixture of equal quantities of cornflower, borax and boracic powder. Renew monthly.

(c) Mixture of 4 oz. oatmeal with 2 oz. plaster of Paris.

To **destroy cockroaches:**

(a) Make a strong solution of borax and milk. Sweeten with sugar. Place saucer of this in infested area.

(b) Place a mixture of 4 oz. oatmeal and 2 oz. plaster of Paris in infested area.

COPPER — (See Brass)

To **clean copper:**

(a) To clean the inside of cooking pans or surfaces blackened through contact with fire, use a mixture of salt and lemon juice.

(b) Apply a metal polish. Leave a few minutes until dry, then rub vigorously with a soft duster.

(c) Use a mixture of 1 teaspoonful of flour, 1 teaspoonful of salt, 1 teaspoonful of vinegar. Rub on, rinse in cold water and dry.

To clean **neglected copper:** Wash in hot soapy water before polishing, but dry thoroughly before applying polish.

LOOSE COVERS

To **remedy covers that have shrunk** in the wash, damp thoroughly and roll in a towel; leave for 2 hours and then pull gently into position over the furniture and leave to dry.

DAMP CUPBOARDS

Put a box of quicklime in your cupboards and the moisture should be absorbed in a few days.

CUSHIONS

To **prevent kapok stuffing from sticking together,** and to keep moths away, mix shredded newspaper with the kapok.

DECK CHAIRS

To **distribute the wear on a canvas deck chair seat,** make the canvas seat double, like a roller towel. The canvas can then be moved round the wooden ends of the seat every few months.

DOORS

To **silence a creaking door,** rub the hinges with the lead of a pencil.

Door knobs — after polishing, rub with a paraffin soaked cloth. The **polish will last much longer.**

DRAWERS

To **prevent drawers from sticking:**

(a) Rub the under side of the runners with boracic crystal and also work it well into the woodwork.

Novel drawer handle in a kitchen. Fit a towel rail to a kitchen drawer instead of knobs. Use the rail to pull out the drawer and also to hang tea towels on.

DUSTBINS

CLEANING PROCEDURE:

(a) Clean regularly by using the hose turned on fully.
(b) Wash well and drain upside down.
(c) When dry, pour in some disinfectant and line the bottom with several thicknesses of newspaper.
(d) Keep the bin as dry as possible.
(e) Wrap all vegetable waste in paper before putting into the bin.
(f) Keep a sieve handy to drain off all tea leaves before wrapping.
(g) Each time the bin is emptied, reline.

To **keep dustbins sanitary:**

(a) Burn a couple of newspapers in them each time they are emptied. This removes any trace of grease or damp from the iron and frees the bin of any unpleasant smell.
(b) Place a little lime at the bottom of the bin.

To **keep flies away** from dustbins coat the bottom of the bin lightly with oil, which is drained from the car when making an oil change. This also helps to prevent rust at the bottom of the bin.

Keep your dustbin waxed. Dirt will slide off it much more easily than from an unwaxed one.

DUST COLLECTOR

When dusting **very dusty surfaces** dampen the cloth with paraffin. This causes the dust to adhere to the cloth. Use a second duster to remove dampness.

When **cleaning under cumbersome chests of drawers,** remove the bottom drawer and your vacuum attachment or a long handled brush will easily reach the dust.

Cloths used for dusting skirtings should occasionally be sprinkled with turpentine.

FACE CLOTHS AND SPONGES

Freshen face cloths and sponges by soaking them in a solution of half lemon juice and water for 24 hours. Rinse thoroughly and dry in the sun. The lemon juice gets rid of the soapy scum.

To **clean a slimy sponge or face cloth,** pour ammonia, and then boiling water over it.

FIREPLACE

To **kindle a fire quickly:**

(a) Use your waxed cardboard milk and ice-cream cartons, and your candle stubs.

(b) Fan it with a hairdryer.

To **clean a brick fire-place** which has been darkened by smoke:

(a) Scrub with vinegar.

(b) Taking care not to touch the cement, brush the bricks with a solution of 1 part Hydrochloric Acid to 5 parts water.

FISHMOTHS

To **keep fishmoths out of cupboards,** place cakes of soap in the linen cupboard.

Mixture to **keep fishmoths away:** 18 drops of lavender, 16 drops of cloves, 16 drops Caraway oil, 8 drops Oil of Camphor, 1¼ cups Spirits of Turpentine. (Oil of camphor can be replaced with 4 tablespoonsful Spirits of Camphor).

FLIES

To **prevent fly marks on electric light bulbs and lampshades:**

(a) Wipe them with a little camphorated oil.

(b) Wipe with a cloth soaked in castor oil.

To **keep flies away from backyards,** wash down with water and soluble DDT powder once a week.

To **keep flies away from windows:**

(a) Add paraffin to the cleaning water.

(b) Sprinkle a pad of newspaper with ammonia, and rub the inside of your window with it.

To **remove fly specks,** dab with lemon juice mixed with salt.

FLOORS

Stains on floors can be removed by scrubbing with a scouring powder and a wire pot scraper.

To repair **patchy surface on light floors.** Remove waxed surface with steel wool, paraffin and a little "elbow grease." Repolish and floor is perfectly fresh again.

The **squeak in floor boards** can be stopped by dissolving soap in hot water and pouring the liquid between the cracks.

FURNITURE

To **clean badly soiled upholstery**, apply hot bran to the mark. Rub in well.

To **freshen upholstery,** rub bicarbonate of soda into the fabric and leave for 12-24 hours. Brush out and then go over with a vacuum cleaner.

To **clean enamelled furniture** do not use soap or soda:

(a) Remove all dirt marks with a flannel dipped in methylated spirits, then wash at once with tepid water, to which oatmeal has been added.

(b) Wash with a solution of borax (1 tablespoon Borax to 1 pint water). Dry and polish with furniture cream.

To **clean Velvet or Plush furniture** regularly use a piece of clean chamois leather wrung out in cold water as a duster.

To **clean painted or ducoed furniture:**

(a) Wipe with water in which a large onion has been boiled (1 onion to a pint of water).

(b) Rub over with a paraffin rag.

CANE FURNITURE

(a) To **clean cane and wicker furniture** — never use soap — it turns it yellow. Scrub with cold water and salt (1 tablespoonful to 1 quart). If discoloured clean with either salts of lemon or oxalic acid dissolved in boiling water (1 oz. to 1 gallon).

(b) Wash well and rub over with a mixture of equal quantities of lemon juice and water. Dry in the open air.

(c) **To rejuvenate old wicker furniture.** Scrub with salt water.

(d) To **give bamboo furniture a good shine.** Wipe with linseed oil. Allow to stand for 2 hours then polish with a soft cloth.

To clean dirty **Mahogany** furniture, use hot tea.

To **clean white enamel furniture,** e.g. kitchen table tops, scour with a mixture of a tablespoonful of dry salt moistened with a little spirits of turpentine. ,

To **clean dark oak furniture:**

(a) Rub with a little warm beer — this improves the colour.

(b) Wash oak furniture with a mixture of vinegar and water. Polish with a chamois leather.

To **clean varnished wood**, wipe over with a cloth wrung out in vinegar water — 1 tablespoon vinegar to 1 pint of warm water.

To **remove scratch marks from diningroom table.** Go over

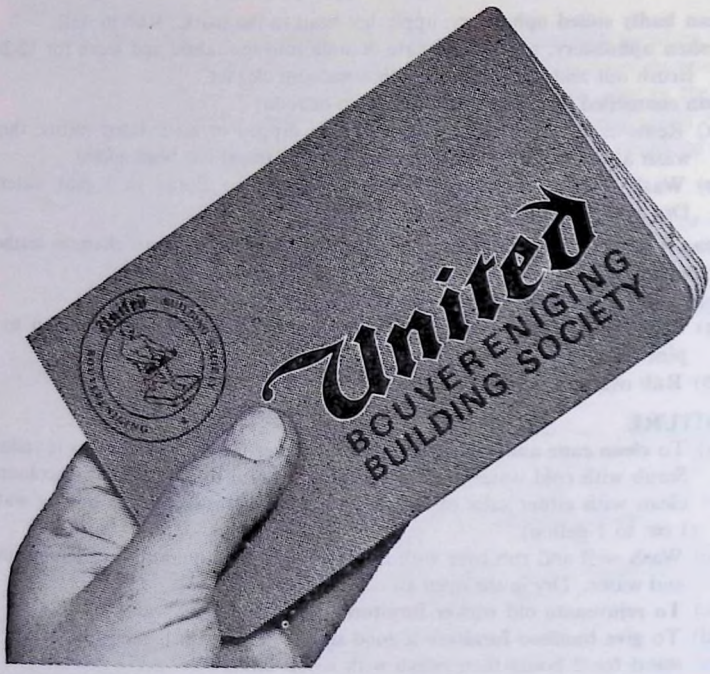
(a) All the scratches with a little iodine or camphorated oil, or cod liver oil.

(b) Rub with a mixture of olive oil and vinegar.

(c) Rub top with fine steel wool. Then apply mixture: 1 part beeswax, 1 part linseed oil, 2 tablespoons flour, mixed to a smooth paste. Boil and allow to cool.

To **remove fine hair cracks in furniture** (if confined to the polish not the wood or veneer). Work over surface with a pad of cotton wool soaked in methylated spirits. Allow to dry and polish.

To **remove grease from leather upholstery,** treat with spirits of sal ammoniac (ammonium chloride). Dab the spots. Allow a little time for the liquid to act, then wash off with clean water. If the marks are old the process may have to be repeated several times.



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BUILDING SOCIETY

To **remove 'Bloom' caused by damp:**

(a) Wring a cloth out in warm water in which a teaspoonful each of linseed oil and turpentine have been added. Rub it all over and then repolish.

(b) On Walnut furniture, sponge the marks with a mixture of 1 teaspoon ammonia to 1 pint boiling water. Wipe dry and polish.

To **remove paper that has become stuck** to the surface of a polished table, soften with a few drops of olive oil, sparingly applied, then rub gently over this with a cloth.

French Polish

To **remove French polish :**

(a) Apply methylated spirits to the surface with a brush. It will render it sufficiently soft to remove it with a scraper.

(b) To **care for a French Polished surface,** clean only with a soft duster and apply a little water to remove any spots.

To **hide a slight burn on mahogany** caused by cigarette ends. wash it first with cold tea, then rub in a little boiled linseed oil. Finally polish with furniture cream, repeat treatment if necessary.

To **ensure a brilliant polish on your furniture,** apply diluted vinegar before polishing.

To **revive old furniture,** polish with: Equal parts of turpentine, methylated spirits, vinegar and paraffin. Shake well.

To **remove white rings caused by heat:**

(a) Cover the spot with a thick layer of salt. Pour onto it as much olive oil as the salt will absorb. Leave for 12 hours and rub again with more olive oil.

(b) Rub mark gently with a mixture of salt and olive oil. Leave for 2 hours. Wipe off and polish with furniture polish.

(c) Apply a very little warm camphorated oil or spirits of camphor, until dry, then polish with a clean soft cloth. Use only the minimum of camphorated oil.

(d) Apply paraffin and rub in well, then polish with a soft cloth. This may have to be repeated several times at daily intervals.

(e) Rub with a little silver polish.

(f) Rub the mark with cotton wool slightly dampened with one or two drops of methylated spirits.

STAINS ON FURNITURE:

(a) Drop iodine on the mark and polish as usual.

(b) Mix pumice powder to a thin paste with linseed oil. Rub gently onto the stain. Wipe off with a cloth dampened with linseed oil. Repeat if necessary a few times.

(c) Mix ¼ pint each of raw linseed oil and methylated spirits till milky. Dip a soft cloth wrapped round cotton wool in the mixture and rub the stain. Then polish.

To **remove unknown stains on furniture:**

(a) Damp one cloth with methylated spirits and another with pure linseed oil. Wipe over marks with meths and then immediately wipe with oil. Allow to stand, then polish.

(b) Rub lightly with olive oil or methylated spirits.

To **remove perfume stains,** rub with silver polish.

To **remove ink stains:**

(a) Touch with a weak solution of spirits of nitre applied with a feather. As soon as the ink is removed, rub the spot with a cloth dampened in clear water.

(b) Rub immediately with a strong vinegar solution.

To **remove water stains,** on polished wood:

(a) Rub with camphorated oil.

(b) Rub with a damp cloth dipped in cigarette ash.

(c) Rub with cotton wool dipped in sal volatile.

To **remove glass marks** on a polished table, rub with cigarette ash made into a paste with cold tea.

To **remove paint or varnish from furniture:**

(a) Use a mixture of equal parts of cellulose thinners and methylated spirits.

(b) Apply the caustic jelly used for oven cleaning.

To **remove stains from wood,** use ordinary laundry bleach. If there is any varnish or lacquer on top of the stain, this must be stripped off first.

GAS

To **locate a gas leak,** apply a mixture of soap and water to the pipe. The mixture will bubble at the point of the leak. When it has been located, plaster it with a piece of soap to seal temporarily.

To **clean a gas stove plate which is stained with smoke,** sprinkle liberally with salt when cold. When the gas is lit the salt burns away leaving the plate spotless.

To **clean gas stove burners which are encrusted with grease,** boil in a strong solution of washing soda.

GAS LAMPS

To make a new **gas mantle** last much longer, soak it in vinegar for about five minutes, dry, and burn off.

IVORY

To **clean ivory.** Make a stiff paste of powdered pumice stone and lemon juice. Rub this into the ivory and allow to stand for about 20 minutes. Wash off with Hydrogen Peroxide and polish with a soft cloth.

To **remove hot water marks on ivory,** wipe with lemon peel dipped in salt. Rub with furniture polish.

To **clean old ivory knife handles,** rub with tooth powder.

To **clean ivory piano keys (see Piano).**

LAMPS

To **prevent paraffin lamps from smoking,** soak the wick in strong vinegar and dry well before use.

LAMPSHADES

Lighter lampshades : Lampshades will give more light if you line them with silver paper or aluminium foil.

Parchment lampshades can be cleaned by rubbing them with chunks of bread.

Parchment lampshades can be revived by gently wiping over with a soft cloth dipped in olive oil.

LINOLEUM

To **repair small burns** in linoleum, clean the hole well and fill it with melted wax crayon of a matching colour.

To **keep free from cracks** rub over with a mixture of salad oil and vinegar.

To **clean linoleum:**

(a) Never use soap.

(b) Clean with a mixture of equal parts of vinegar and olive oil.

(c) Clean with paraffin and vinegar mixed with water.

To **remove old polish and grease** from lino, clean with mineral turpentine.

LOCKS

Stubborn locks. Lead shavings from pencils should be inserted to ease stubborn locks.

MACHINES

Oil household machines, such as mincers, breadcutters, etc. with glycerine.

MARBLE

To **clean:**

(a) Wash with soap and water and a mild abrasive.

(b) Wipe with a little weak acid, such as vinegar or lemon juice. Be careful not to allow the acid to remain in contact with the marble for more than a few moments, because it will spoil the surface if it does. Rinse thoroughly. When marble is dry, rub it up with a little oil or furniture cream.

(c) A mixture that has proved very satisfactory for this purpose is: 2 teaspoons potash (potassium carbonate) bought fresh as it does not keep, 1 teaspoon fine pumice stone powder, 1 teaspoon chalk. Mix these ingredients into a thin paste with a little water, and apply with a piece of cotton wool.

To **polish marble** use milk.

To **remove stains from marble,** rub with lemon and sprinkle common salt on to this while damp. Leave to stand for 1 to 2 hours. Wash off with soap or water.

To **remove whitish spots on marble,** sponge with a solution of 2 teaspoons of borax to ½ pint warm water.

MATTRESS

To **patch a hole in a mattress,** iron a piece of adhesive plaster over the hole.

MICE

To **keep mice out of grocery cupboards,** sprinkle bicarbonate of soda under the shelving paper.

MIRRORS

To **clean mirrors** rub a cut potato over the surface. Wash and dry well.

To **avoid misty mirrors in bathrooms:**

(a) Rub with a clear liquid shampoo that does not contain oil, and then polish with a soft cloth. Repeat every 10 days.

(b) Rub with a cloth dipped in a mixture of equal parts of glycerine and methylated spirits. Polish with a clean duster.

To **keep mirrors free from insect marks,** clean with a solution of boiling water poured over chopped onion. Cool before using.

MOTHS

MOTHS IN A CARPET. The best remedy for moths in a carpet is to place a damp towel over the affected parts and to iron until it is dry. It is not necessary to press hard as the heat and steam will **destroy both the moths and eggs.**

To **prevent moths breeding in clothes,** place a piece of linen moistened with turpentine in the wardrobe for 24 hours, every 4 months.

NEWSPAPERS

To **put old newspapers to good use;** use them to:

(a) Wipe liquid off the stove.
(b) Rub grease from plates before they are washed.
(c) Clean greasy frying pans.
(d) Polish windows.

OILCLOTH

To **remove white marks on oilcloth,** caused by standing hot dishes on it, sprinkle a few drops of camphor on the spot and rub dry.

PAINTINGS

To **restore oil paintings** which have become dull, cut a potato in half and rub gently over the surface to clean and restore the colours.

To **clean an oil painting,** rub over lightly with linseed oil and dry thoroughly.

PAINT

To prevent **paint running down the outside of the can,** and on to whatever the can is standing on, glue a paper plate to the bottom of the can. You can then move the can without worrying about drips.

To **test the colour when mixing paints:** Paint generally dries a darker colour than it appears in the can. Test the colour by painting on to blotting paper. The blotter will absorb the liquid from the paint, and the sample will dry in a matter of minutes, enabling you to see the exact hue of the mixture when dry.

To **remove paint from hands:**

(a) Do not use turpentine.
(b) Rub a little linseed oil on to the hands and wipe with a soft cloth. Then wash hands in warm water with soap.
(c) Wipe hands with paraffin before washing.

Paint odours: See ODOURS.

To **treat paint brushes so that they can be used again after storing:**

(a) Immediately after use, wash the brushes in turpentine until they are quite clean, then wash them in washing soda, finally rinsing in clean water. Shape the bristles into their original shape with the fingers. Moisten them with linseed oil, then stand them up (bristles upwards) in a jar or tin, with paper tied over the bristles to keep out the dust.
(b) Wrap the brushes in tinfoil after washing and they will remain ready for the next job.

To **treat paint brushes which have gone hard:**

(a) Heat to boiling point enough vinegar to cover the bristles. Simmer for ½ hour, remove brush and wash in strong soap suds.
(b) Stand brush in neat creosote or Jeye's fluid for 2 or 3 days, then wash in warm soapy water.

If paint brush bristles stick out at all angles, wrap the brush in newspaper and slip a couple of rubber bands round it.

When painting windows, first rub the panes near the frame with soap. Paint splashes will then easily be wiped off.

To **remove paint from glass:**

(a) Use nail polish remover.
(b) Use hot vinegar.
(c) Scrape gently with a razor blade.

To **remove dry paint marks from metal,** rub the metal surface with vaseline.

To **remove paint stains** use hot vinegar. See also STAINS.

To **prevent a skin forming on top of paint when storing:**

(a) Run cold water over the surface, and pour off before re-using.
(b) Store the paint tin upside down.

PAINTWORK

To **clean dark paintwork,** use 1 tablespoon of paraffin to 1 gallon of water.
To **clean varnished paintwork,** use cedar oil, applied with a soft duster.

PESTS

To **guard against pests** remove all food from paper bags and stow in suitable containers. Destroy all refuse after every meal. Clean cupboards regularly. To **ward off mosquitoes** keep open drains flushed with disinfectant. Wipe window frames and doors with paraffin.

PEWTER

To **clean pewter,** mix some whitening with a little ammonia into a thin paste. Apply this with a soft rag, rubbing in well. Rub off when dry and use a clean soft cloth for rubbing up.

PIANOS

To **clean piano keys.**

(a) Rub the keys with a cloth dipped in a fine abrasive powder.
(b) Rub the keys with alcohol or methylated spirits, rinsing often, and then soak with hydrogen peroxide solution for an hour or two. After drying repeat the treatment if necessary.
(c) Wipe with a soft cloth dipped in a solution of bicarbonate of soda and hot water. (1 teaspoon to 3 tablespoons water).

Do not stand piano against an outside wall. It **will not remain in tune** if you do.

PICTURE FRAMES

To **clean gilt frames:**

(a) Use vinegar and water in equal parts.
(b) Rub with a soft cloth soaked in warm turpentine.
(c) Sponge with tepid water in which an onion has been boiled. Dry carefully.

PILLOWS

much water as possible and hang to dry in an airy and sunny position. Shake occasionally so as to loosen the feathers. It takes several days to dry thoroughly.

To **wash pillow** without removing the feathers from its case, soak the pillow in warm soapy water. Wash by forcing up and down in the water — rinse thoroughly and hang to dry.

To **wash pillows,** empty out the down or feathers into a muslin bag a bit larger than the pillow. Soak in a bath full of warm soap suds or detergent. Squeeze the bag and contents under water, using several changes of soapy water, until no more dirt comes from the feathers. Rinse thoroughly in warm water, squeeze out as

PIPES

To **prevent pipes from bursting,** keep bathroom taps turned on slightly so that they just drip continuously.

PLASTICS

To **repair broken plastics.** Stick broken plastic toys or other plastic objects together with nail polish.

To **clean an old plastic bag,** use Brasso.

POLISH

To **double your polish.** Put contents of a tin of polish in a basin, add half a cup of turpentine and mix well. Makes two tins of polish which shines brighter.

An **excellent substitute for brass polish** is Petroleum Jelly. Lighly rub the article with jelly, leave for a while, then polish until a brilliant shine appears.

To **soften dried-up polish:**

(a) Moisten with turpentine and knead with a spoon. The turpentine will help to give a brilliant shine.

(b) Add a little vinegar.

When **dusting furniture, polish at the same time** with a cloth wrung out in the following mixture: 4 oz. linseed oil, 2 oz. turpentine oil, 3 oz. vinegar, 1 oz. methylated spirits.

PORCELAIN

To **remove stains from porcelain,** rub them with a damp cloth dipped in baking powder.

PRAMS

To **Preserve the hoods of prams from the sun:**

(a) Rub them occasionally with a cloth soaked in olive oil.

(b) Rub with a little Vaseline.

To **remove dirt from prams** without affecting the colour, clean with Carbon Tetrachloride.

PUTTY

To **loosen putty** when a new pane has to be inserted in a window, pass a red-hot poker over the old putty and it will then come out quite easily.

RUGS

To **keep rugs flat at the edges,** sew a piece of straight boned petersham along the edges.

RUST

To **protect steel parts of furniture from rust,** rub in a little furniture cream or lanoline.

To **redeem badly rusted steel,** treat with an application of paraffin, which should be left for several hours, followed by rubbing with an emery paper.

SEWING MACHINES

To **clean a sewing machine** use a pipe cleaner dipped in paraffin, as it gets into crevices and removes dirt and fluff.

To **sharpen machine needles,** work a few inches of stitching through a piece of sandpaper.

SILVER

To **clean silver:** First wash each piece separately in hot water. Clean with plate powder mixed with a little methylated spirits. Methylated spirits prevents the accumulation of powder in the crevices. Dry and polish while the silver is still hot.

To **clean silver that has been discoloured by egg,** rub with a little coarse salt.

To clean the **inside of silver tea and coffee pots,** pour boiling water on to a few foil milk bottle tops, add a little bicarbonate of soda. Leave until cool, swill out and scour with a brush.

To remove **tannin stains from silver tea pots,** fill with a strong solution of bicarbonate of soda. Leave this to stand overnight and wash out.

To prevent **silver tea pots becoming musty,** wash and dry well and place a little sugar inside the pot. This will absorb any moisture.

Shine the tines of silver forks with a shoe string. Roll the centre of the shoe string in the silver polish and loop it around each tine in turn.

To **"de-tarnish" silverware:** Boil 1 teaspoon each of salt and baking soda per quart of water, in an aluminium pot. Put the silver in, keeping the water boiling. After the tarnish comes off, wash the silver in soapy water and polish with a soft, dry cloth. Clean the aluminium pan by boiling a weak vinegar solution in it.

To **prevent silver tarnishing** when packed away:

(a) Keep a piece or two of camphor in the drawer.
(b) Wrap in aluminium foil before storing.
(c) Put a little alum in the drawer with the silver.

To **polish silverware** use:

(a) A linen cloth, not cotton, as linen absorbs moisture, thus giving a better shine.
(b) Save old powder puffs for polishing.

To **remove stains from silver,** polish with water in which potatoes have been boiled

To **clean marks off silver:**

(a) Rub with a cork.
(b) Rub with a piece of raw potato dipped in bicarbonate of soda.

To **clean silver plate,** boil it for a while in sour milk. Rinse thoroughly in warm water and polish with a dry cloth.

To **keep silver plate bright and shiny,** rub it regularly with flour on a small piece of cotton wool. Polish afterwards with a soft cloth.

To **clean oxidised silver,** use a rag dipped in a solution of sodium bicarbonate and sulphate.

SOAP

To **save soap,** take the metal cap from a mineral bottle and press it firmly into a cake of washing or toilet soap. Let the soap stand on the cap after use, this avoids slimy soap dishes.

To **make soap last longer,** dry it in the sun before using.

To **use up old scraps of soap,** keep a large enamel cup in the kitchen, into which all soap pieces are put. Fill it with hot water and stand it on a hot plate, after cooking. The residual heat is sufficient to melt the soap into a soft jelly.

To **make toilet soap,** place a bottle in the bathroom into which all pieces of soap may be thrown. As soon as the bottle is ¾ full, fill it with boiling water, in order to melt the soap. Add the juice of 1 lemon and a teaspoon of glycerine and mix well. When the mixture has cooled down, you will be left with a jelly, which is ideal for washing hands.

SOOT

To **prevent chimneys becoming clogged with soot,** burn some potato peelings in the grate once a week.

To **clear soot from chimney,** sprinkle a tablespoonful of salt on the flame, then, after a few minutes, sprinkle saltpetre.

SPONGES

To **clean soiled sponges:**

(a) Soak for 24 hours in a solution of salt, rinse thoroughly and put out to dry.

(b) Soak in a solution of boiling water and ammonia overnight. Rinse well.

(c) Soak in a solution of 1 pint of water and 1 teaspoon of vinegar for an hour, rinse well.

(d) Work into the sponge a solution of 1 teaspoon permanganate of potash dissolved in a quart of water. Leave for 10 minutes. Rinse well.

STAINLESS STEEL

Stainless steel **can be cleaned** with Silver Polish but not with a Silver Dip.

To remove **stubborn stains or burn marks from stainless steel:**

(a) Use a coarse cloth dipped in a mild solution of ammonia and water.

(b) Treat with hot vinegar or lemon and then rub with a soft cloth.

STEEL

Preserving steel to be stored. Coat entire surface with:

(a) Paraffin and vaseline mixed to a thin paste.

(b) Paraffin wax mixed with turpentine.

(c) Wrap in greaseproof paper and then brown paper and tie up securely.

To remove **rust from steel:**

(a) Coat **rusted** parts with lubricating oil, and leave overnight. Rub off oil and polish with fine emery paper.

(b) Cut a large onion in half. Rub the cut halves on the rust marks. Leave the juice on for 2 days, then wash off and polish with turpentine.

STUFFINESS IN ROOMS

To **avoid unpleasant stuffiness** in a room after a party, put a small dish of vinegar where it will remain unnoticed. It will completely eliminate the smell of stale cigarette stumps.

A lighted candle in a room where people are smoking helps to **keep the air clean.**

TARNISH

ON SILVER — (See Silver).

STAINS — (See Stains).

To **clean** tarnished metal, rub with cream of tartar or powdered magnesia.

To **clean** tarnished LAMÉ, sprinkle borax or baking powder on the marked portions, rub gently with Chamois leather. Brush off excess powder.

TOWELS

To remove fluff from **new towels** and make them soft and absorbent, soak the towels overnight in cold water with a dash of Epsom Salts.

To prevent **bathroom towels falling off the rail,** loop a few rubber bands around the rail.

Make a pocket in the end of a child's swimming towel and he will **not lose his costume** on the way to and from school.

Darn towels with three-ply wool. This will felt when washed and blend in with the towel.

VACUUM CLEANERS

To **clean the inside of a vacuum bag,** put a handful of damp tea leaves in the bag and shake liberally. Turn out and the bag will be clean again.

VACUUM FLASKS

To **clean after use,** wash out the flask with cold soapy water, rinse well and allow to drain.

To **avoid a musty smell** in a **flask,** rinse and dry it thoroughly, then drop a lump of sugar into it.

To **remove the stuffy odour** from thermos flasks, ¾ fill with warm water, add ½ teaspoon bicarbonate of soda and shake well.

To **remove discolouration marks** in the interior of a flask, squeeze the juice of half a lemon into the flask, then add the rind and pith torn into small pieces. This will clean the interior and leave it shining like new.

To **sterilize,** fill with cold water and 1 teaspoon MILTON, leave overnight. Rinse.

To **prevent flask from cracking:**

(a) Before putting a boiling liquid into the flask, rinse out with warm water.

(b) Before filling flask with a cold liquid, rinse with cold water. (NOT HOT WATER).

VASES

To **clean vases,** shake or wipe out with solution of salt and vinegar (1 to 5 tablespoons).

To **keep the water in a vase clean and sweet:**

(a) Add a piece of charcoal.

(b) Add a few crystals of Potassium Permanganate to the water.

To **prevent dust getting into vases which stand as ornaments,** tuck a pad of cotton wool into the neck of the vase.

WALLS

To keep walls **clean behind pictures,** press thumb tacks on the lower corners of the back of the picture frames to prevent them touching the wall. This helps to keep the frames from causing a dust line on the wall, and leaves enough airspace for dust to drop through.

Colour washed walls may be cleaned by using benzine on a soft cloth. Rub gently till dry.

To **clean kitchen walls,** add a little paraffin to a pail of warm soapy suds. **Do not use hot water** as it leaves a mottled appearance.

To **clean painted walls,** add a tablespoon of bicarbonate of soda to a quart of warm water. Dip a soft cloth in water, wash down the walls, rinse with a cloth dipped in clean water and dry.

WALLPAPER

To **clean heavily soiled wallpaper:** Make a cleaning dough of 1½ tablespoonsful white spirit, 3 tablespoonsful of flour, 1½ tablespoonsful of water. Mix the spirits well with the flour then add the water and knead the mixture well for several minutes.

Pass the dough over the soiled areas, with long sweeping movements. Make sure that each area dealt with overlaps the previous one. As the dough itself becomes soiled, reshape and use a clean part.

To **clean wallpaper:**

(a) Cover marks with french chalk, leave for a few hours and brush off.

(b) Oatmeal can be used on wallpaper soiled with dust.

WINDOWS

When **cleaning windows** add a few drops of paraffin to the water. This will give a polish and keep flies away.

To **prevent windows steaming up** in cold weather, wipe the windows with a cloth dipped in glycerine.

WOODWORK

To **clean woodwork,** put a few drops of turpentine in some warm suds.

To **clean unvarnished wood,** use turpentine or a turpentine substitute.

To **clean varnished woodwork,** wipe with a cloth dipped in a solution of 1 tablespoon vinegar to 1 pint water.

To **fill holes in wood,** mix sawdust with some glue, stir until you get a stiff paste. Fill holes with this paste. It soon hardens and the place can be painted over with the necessary colour.

VENETIAN BLINDS

To **dust venetian blinds** slip an old pair of socks over your hands, then slide hands over the slats.

Gardening Hints

BIRDS

To **keep birds away,** save tin circles from tins after opening. Punch a hole near the edge. Hang these discs in the branches of fruit trees on short lengths of string or wire. The circles swing and turn in the wind.

CUTWORM

To **control cutworm** and other garden pests, plant cloves of garlic in the garden at 12" intervals.

FLOWERS OUT OF COAL

Place a number of pieces of coal, about the size of an egg, in a shallow bowl with the tops sticking out in an irregular manner. In another bowl, mix 2 tablespoons ammonia, 2 tablespoons Prussian Blue, 2 tablespoons common salt. Over this pour ¾ bottle of red ink and 2 tablespoons of water. Mix well.

Pour this mixture over the coal and feed it daily with 1 teaspoon of water and 1 of salt.

FROST

To **avoid plants being damaged by frost,** rise early in the morning and water off the frost. The rinsing must be done before the sun shines on the plants.

LAWNS

On **odd spaces too small for easy mowing**, slopes or bumpy terrain, plant ground cover, such as ivy, instead of grass.

To **save hand trimming of grass** along steps plant a row of ground cover. The lawn can be easily mown along the outside edge as nicking the ground cover will not damage it.

Define all edges — use an area of flush paving, brick or cement around any lawn obstacle, such as a clothes pole or tap, so that the mower sweeps around it, eliminating hand trimming.

LIME

Lime is a must for 'heavy' soil.

Test for Lime: Take 6 to 12 samples of soil from various parts of the garden and mix well together. Put a little of this sample in a tumbler and add a solution of Hydrochloric Acid and water. If effervescence or bubbling takes place lime is present, if only very feebly, or not at all, lime is needed.

Lime should not be put into the soil at the same time as manure.

MANURE

Do not allow manure to touch roots of plants when planting.

Do not mix manure in seed tins or seed beds.

MILDEW

Mildew can be combatted by spraying with Bordeaux mixture.

POT PLANTS

To **water pot plants while away on holiday:**

(a) Stand plants on bricks in a bath of water. The water should come half way up the bricks, which will absorb the water, and the plant will absorb it in turn from the bricks.

(b) Bury the pots in a shady spot in the garden, such as under a tree. Give

them a good watering and they will remain satisfied for a good 2 weeks.

(c) Fill a bucket with water and place on a stool with the plants grouped below. Loosely plait several strands of wool together, one strand for each plant. Immerse one end of the wool, weighted, into the water and lead the other end over the bucket into the soil of each plant. The wool will automatically water the plants.

Pot plants require less water in rainy weather as the air is humid.

Fertilizers for pot plants:

(a) Add tea leaves and coffee grounds to the soil.

(b) Place crushed egg shells in a jar of water and stand for 24 hours. Pour this water over pot plants.

SEEDS

To **make the transplanting of small seeds easier:**

(a) Mix the seeds with dry sand or mealiemeal.

(b) Put them into a salt shaker and shake them into the soil.

As a general rule, cover seeds with only 2-3 times their diameter of soil.

For **transplanting baby plants** use egg shells. They are easy to handle and enrich the soil.

SLUGS

To **get rid of slugs in the garden,** place handfuls of bran in various parts of the garden, towards nightfall. This attracts slugs, which can then be scooped up with a spade, later at night.

STAKES

To **make stakes less conspicuous** paint them green.

STEPS

Build a ramp on either side of garden steps. This is a blessing when using wheeled garden equipment.

TREES

To **minimize clean-up around a tree,** place a permanent mulch of stone or gravel around the base of the tree.

WEEDS

To **kill weeds on gravel,** sprinkle salt over them.

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Plant Care

ACID LOVING PLANTS: e.g. Gardenia, Camellia, Brunfelsia, Magnolia, Hydrangeas, Azalea.
All acid loving plants growing in alkaline soil tend to have yellowish young leaves. Treat this with iron chelate.

AFRICAN VIOLETS

Water African violets over the rim of the pot and never over the foliage, especially not on the crown of the plant. Water only when the soil is dry.
If plant has **too much light** the leaves turn down and curl inwards towards the pot. Too little light causes long stems and few flowers and leaves reach upwards towards the light.
Feed with fish emulsion every two weeks, alternating with a pot plant food.
Mealybug causes white patches like specks of cotton wool on the underside of the leaves. Dab them with a solution of 2 tablespoons methylated spirits and one pint water.
Cyclamen mite causes distortion and stunting of flower buds and small centre leaves. The plant looks as if it has been sprinkled with fine ash. Dust with sulphur and wash it off every 24 hours to save the plant.
Propagate with leaf cuttings. Cut in a slanted direction with a razor blade and insert into a mixture of equal parts sand and peatmoss and keep moist.

AGAPANTHUS

Dwarf variety flower far more profusely than the giants.
Plants thrive on a weekly dose of sootwater.

AMARYLLIS

Plant bulbs in pots, in any soil, with $\frac{1}{3}$ of the bulb above the ground. Water after planting and then not too frequently until growth can be seen.
Towards the end of summer reduce the water supply to encourage the bulbs to ripen off and rest.
Keep the buds fed regularly, every 2 weeks, with a pot plant fertilizer, after flowering, up to the time when the foliage begins to turn yellow and die down.
Store bulbs in a dark dry place during their resting period.
To **plant bulbs out into the garden,** plant in a position that gets morning sun.
Replant the bulbs 2" below the surface. Feed with a balanced fertilizer as soon as the bud emerges. Continue to feed and water until May when the leaves should turn yellow. Even if the leaves do not die, stop watering for 2 or 3 months, then commence watering again.

ANEMONE AND RANUNCULI BULBS

These do not produce offset bulbs and therefore cannot be split up. New stock is easily and cheaply obtained from seeds.
For continuous flowering for a good 6 months, feed every 2 weeks with liquid fertilizer 6 weeks after the bulbs have been planted.
Pick flowers or remove old blooms before the seeds form otherwise the plant does not flower well.
Ranunculi do well in the sun.
Anemones are better in the shade.

ANTHIRRIUM

These need a warm and shaded position with a humid atmosphere.

AZALEAS

Plant in shade and protect from wind.

Azaleas hate lime. To **rectify an alkaline soil** add Sequestrine Iron Chelate, which releases the iron from alkaline soil.

Add peatmoss to the soil at planting time. This is slightly acid and gives the soil humus which keeps the roots cool and moist.

Azaleas require regular watering as they are shallow rooting. A day or two of dryness at the roots during the period the bushes are making their flowerbuds — which are produced long before the actual flowering season — can be the reason for bud dropping or failure of buds to open in Spring.

For **more profuse flowering** during the following season, all dead flowers and seedpods must be removed.

Branches of azaleas used as cut flowers may be kept in water, where they will produce new shoots which may be used as cuttings. They often root themselves while in the water.

To **propagate,** bend down a convenient branch to the soil, scrape a little of the bark away from the underside, and apply a little hormone root-inducing compound to the treated portion. Cover this with a small mound of peatmoss and coarse sand. **Cuttings** can also be made from half ripe shoots of the current season's growth. These should be 2 to 3" long and will root better if they are removed with a little heel of bark from the old branch. Root them in a box half filled with peat and sand and covered with a sheet of glass or polythene.

ARUM LILY

Yellow arums prefer a position in full sun.

Like soil well supplied with peatmoss or compost.

Feed with 2.1.2. fertilizer mixture.

BARBERTON DAISIES

Plant in full sun in particularly well drained soil.

Do not plant too deeply as Barberton Daisy bulbs like to have their neck or 'collar' at soil level.

Plants require a cool root run. Wherever possible place the plants beside a shallow stone, allowing the roots to creep underneath it.

BULBS

Plant bulbs in well-drained fibrous soil with plenty of peatmoss, leafmould or compost.

Plant them approximately 3 times their diameter below the soil level. Make sure they are well packed with soil, and that there is no gap between their base and the soil as this causes rotting.

Water well, mulch with peatmoss and leave entirely alone until little green tips appear above the soil.

After flowering continue to water well and feed regularly until the leaves have completely died down.

CARNATIONS

Carnations detest 'wet feet.' They must be planted in a gritty soil which is particularly well drained and always kept on the dry side.

CHERRY TREE

The cherry tree requires a mate of a different variety of cherry in the same garden to enable the tree to bear fruit.

They like lime.

Feed with 2.1.2 fertilizer mixture when the growth starts in Spring. Repeat after a month and again after the crop has been harvested.

DAHLIAS

If odd shoots die back, suspect stink bugs. Hand pick these and prod them into a tin of paraffin. Treat plant with Malathion.

Yellow stunted growth, with a sort of crocodiling of the leaves is a sign of virus infection. Remove the plant and burn it.

Feed regularly throughout the growing season with 2.1.2. mixture. Add a little rock phosphate to the soil.

Flower buds of Dahlias are produced in threes. Allow the terminal bud to develop and cut off the two lower buds thus giving one good bloom on a long stem.

Incorporate dieldrin into the soil when preparing the hole for new bulbs to protect them from cut worm.

When planting Dahlias, draw a map of their planting with their names for future reference.

DELPHINIUMS

Sow seeds in January.

Water once a week throughout Winter.

Prepare soil well with lime added.

FIR TREES

These often improve after a dressing of lime. Avoid giving it in hot weather, or else apply it only lightly and water regularly; an autumn dressing will show results the following summer.

FERNS

Spray fronds gently once a week to get rid of dust.

Ferns like a cool damp soil, but **do not overwater** or allow pots to stand in water as soil rapidly turns sour.

Good **potting medium is:** Coarse loam, leafmould and peat in equal parts; with plenty of river sand and some small pieces of charcoal.

Nourish with :

(a) Weekly feeding of liquid manure.

(b) A teaspoonful of sulphate of ammonia, dissolved in a gallon of water. This encourages the production of new fronds.

(c) Sprinkle with Epsom Salts around the base twice a year.

(d) Water with cold tea.

(e) Water with the milky water from rinsed milk bottles.

(f) Water once a week with a pint of water to which a teaspoon of methylated spirits has been added.

Scale on ferns may be controlled by rubbing with a piece of cotton wool dipped in a weak solution of nicotine sulphate or any general insecticide.

Mealybug is frequently found at the base of the stem. Dab frequently with a child's paintbrush dipped in diluted methylated spirits.

Best time to **repot ferns** or divide them is when they come into new growth in Spring (September, October).

Repot into a growing medium of: 7 parts soil, 3 parts peatmoss, 2 parts river sand with some pieces of lumpy charcoal.

Sword Ferns: Aerial roots should not be removed as they enable the plant to receive additional moisture and nutrients from the air.

FUSCHIAS

This plant loves water and must not be allowed to dry out at the roots.
Propagate fuschias from tip cuttings, 5" long.
Cut in Spring. Root in sand and peatmoss.

GARDENIA

Prefers acid soil.

A mulch of peatmoss over the root area will prove beneficial.
Plant in light shade, well protected from wind.
Keep tree well irrigated throughout the year as dryness at the roots causes buds to fall off.

GERANIUMS AND PELARGONIUMS

Plant geraniums in well drained soil, generously supplied with compost. Avoid animal manure.

Cut back hard, once a year in spring, as geraniums flower on young growth.

To **propagate:** Select strong young unflowered shoots, about 3" long. Cut these straight across, directly under a node or joint in the stem. Remove any lower leaves, leaf scales and buds. Insert in sandy soil up to the lower remaining leaves. Water well to settle the soil around the stem. Keep the cutting dryish until new growth has commenced.

Cuttings seem to root best if they are inserted around the side of a flower pot, quite close together.

If leaves become spotted and yellow, suspect Botrytis.
"Black-leg" attacks the stems of both old plants and young cuttings.

GLADIOLI

To ensure that the florets will open remove the top bud from the head.
Dust plants regularly with insecticide to combat red spider and gladiolus fly.

HOLLYHOCKS

These can be improved by nipping off the tops of the flowering spikes.

HEN AND CHICKEN (Chlorophytum)

Stand the plant on a tray or large container filled with pebbles or peat. Keep these materials damp to create humidity around the plant.

Browning of leaf tips can be caused by lack of light or the air in the room being too hot and too dry.

HYDRANGEAS

These plants like light shade and acid soil. Add plenty of peatmoss but never lime.

Water throughout the winter.

Prune back branches which have flowered to 2 or 3 eyes above the ground immediately they have flowered. Give a good dose of Aluminium Sulphate after pruning.

To improve the colour of the flowers, water with a solution of Aluminium Sulphate. Use 4 oz. per square yard, in a solution of water. Start applying 1 dose in Winter, then apply 4 doses of 2 oz. each in Spring, finishing in April.

To rectify yellowing of foliage treat with an iron fertilizer or soak each bush with a mixture of ½ oz. sulphate of iron dissolved in 2 gallons of water.

IRIS — BEARDED

Irises like lime.

Bulbs should be divided up and replanted as soon as they have finished flowering. Do not plant too deeply.

LARKSPURS

Soak seeds overnight in cold water, or place them in the refrigerator for a day or so, before sowing them directly into the garden.

LILIUMS

After these have finished flowering, remove the dead flowers and seed pods but do not cut down the stems. These will return to the bulbs some of the strength they have taken out and increase the flowering prospects for next season.

LUPINS

Lupins enrich the soil, by the nodules of Nitrogen which form on the roots. They do not take anything out of the soil.

They must not be overwatered, as they prefer to be kept on the dry side. Like full sun.

They appreciate plenty of potash in the soil which may be applied by feeding with 2.1.2. fertilizer mixture.

MAGNOLIA

Prefers a position in light shade.

Should be watered thoroughly throughout the year.

It is an acid loving shrub.

NAMAQUALAND DAISY

When overgrown, cut back plants and use the tops removed, as cuttings.

MYSEMBRYANTHEMUMS

Apply a light dressing of lime to the soil a few weeks before the seed is sown.

PAEONIES

Like full sun or light shade.

They prefer shallow planting and care must be taken not to set the plants too deeply in the soil.

PEAR TREE

Must have trees of two different varieties planted in close proximity to one another. in order to ensure pollination of the blossoms.

PELARGONIUMS

Prune back severely after the flowering season is over. This will encourage the production of strong young shoots which will flower later in the season.

If attacked by stem borer, cut hard back to sound wood and spray with a systemic insecticide.

Propagating Pelargoniums: Cut semi-hard wood immediately above a node. Remove all large leaves, leaving only a few small leaves near the growing point. Cut a 5" piece immediately below a node, with a clean cut. Leave for 10 minutes to seal itself before planting.

POLYANTHUS

Plants can be divided up when they begin to come into new growth in Autumn.

Grow in a position of light shade in soil well supplied with compost and leaf mould.

PROTEAS

Plant in at least 18" well drained soil.

Soil must be slightly acid. This can be controlled by using sulphur (1 lb. per 100 square feet) or aluminium sulphate (2 teaspoons per square yard).

If leaves wilt and turn yellow add a fertilizer with plenty of phosphorous.

Never disturb the roots of protea plants.

Plants can withstand Highveld frost and full sun, but air must circulate freely round the plant.

ROSES

Plant in the sunniest position possible and keep them away from the roots of trees.

When **preparing holes,** mix 4 oz. Super phosphates with the soil at the bottom of each hole.

Plant the bush with the joint above the roots 1½" under the surface. **Water thoroughly** with at least 4 gallons of water after planting.

When planting roses draw a map of their planting positions with their names **for future reference.**

Roses have **shallow roots,** thus instead of loosening the soil around the plants use a mulch which will provide extra nourishment and help to conserve moisture and inhibit weed growth.

Spray against **aphids** regularly every month.

To combat the **petal eating beetles,** dust the bushes in the evening with an insecticide.

Yellowing of foliage is often due to red spider, which can be destroyed with a systemic insecticide.

Mildew and rust are common fungoid diseases caused by drought or a period of heat following rain. Use Bordeaux Mixture and sulphur on this.

'Black Spot' seldom occurs before Autumn. **Spotting and leaf deterioration** in late Spring and early Autumn is usually due to lack of trace elements in the soil.

Crown Gall may be identified by the appearance of a soft spongy swelling at the base of the plant. This may be removed with a sharp knife and a fungicide applied.

When **cutting roses** for the vase:

(a) Do not cut roses in their first flowering season. Merely de-head them by removing the blooms only.

(b) Follow the selected bloom to be cut, down the stem to a dormant bud. Cut just above this in a slightly downward pointing direction.

To **remove suckers** which may appear on standard roses at any point below the head of the standard or spring from the root, and on bushes may occur below soil level, trace to their point of origin and tear them away from the plant with a sharp downward pull. Cutting them only induces them to grow more vigorously.

Pour black tea around the base of rose bushes once a day, this acts as a **good tonic.**

Frequent dying back of branches may give a clue to this disease.

'Die-back' may be due to incorrect removal of dead flowers or cutting.

RHUBARB PLANTS

To grow better and longer Rhubarb plants, place tins— bottoms and tops removed — over the plants.

RUBBER PLANT

Grows in light shade away from direct sunshine and draughts. Do not move around more than is necessary.

Be careful not to overwater, and never allow the plant to stand in a saucer of water. Reduce the water supply considerably in winter.

Grow in 7 parts soil, 3 parts peat and 2 parts river sand.

Re-pot when absolutely necessary, as roots resent any disturbances.

Wipe leaves weekly with a pad of cotton wool dipped in milk or tepid water, to remove dust and bring up the gloss of the leaves.

If **lower leaves assume a yellowish tinge,** yet are otherwise perfect — feed regularly with a pot plant fertilizer and mulch the surface of the soil in the pot.

Leaves appear blotched — due to scorch from the sun or some spray material.

Small yellow spots on leaves: due to scale insects. Wash the foliage with an oil insecticide.

Leaves browned and a few brown patches on the leaf blades — due to low temperatures or a chilly draught. This leads to a fungus disease called anthracnose.

To **propagate rubber plants**: Stand a leaf in a jar of fresh water. It takes about 3 months to root.

SHRUBS AND TREES

When planting shrubs make the hole twice as wide as the root spread needs and deep enough to plant the same soil level as the nursery did.

Add stones and rubble to the base of the hole to **improve drainage.** The bottom should be convex — like an upside down saucer.

Dip the roots in a porridge of soil and water just before planting to that they are mud coated. Then sift a mixture of soil and peatmoss or leafmould into the hole to cover the roots. This **encourages root growth.**

Trees and shrubs should be planted at their **previous soil level** when transplanting.

Propagate by means of cuttings. These should consist of half ripened shoots from which the lower leaves have been removed. Insert $\frac{2}{3}$ their length in sandy soil; keep moist and shaded until rooted.

SNAPDRAGONS

When planting snap dragons nip off the tops, it helps small plants to survive, and also makes the plant bushy instead of growing a single long stem.

Add lime to the soil.

ST. JOSEPH LILIES

Should be grown in a position where their base is in light shade and their tops in the sun.

Plant during April and May and do not set bulbs too deeply in the soil.

They hate lime. Add peatmoss and compost to the soil.

SWEETPEAS

To **prepare the ground** well, dig down 12 to 18" and add kraal manure or compost. Soak the seeds overnight in a bowl of water before sowing. This softens the hard outer coat and any dead seeds will float on the surface so that they can be discarded, thus **avoiding any blanks in the row.**

Pinch back the growing tips of young seedlings when they are about 6" high. This checks growth and **encourages more shoots.**

Feed plants regularly immediately the first buds start forming. Water well once a week, preferably in the mornings. Feed with liquid fertilizer and wood ashes or sulphate of potash.

Cutworms attack the plant in the young seedling stage. Work a light dressing of BHC powder into the ground before planting.

A poison bait can be made by mixing Dieldrin with mealiemeal and enough water to make a porridge. Scatter over the soil at sunset. This remains effective for quite some time.

Aphids which are commonly found on sweet peas may be controlled with systemic insecticides like Malathion or Metasystox or Lindane.

To **increase the flowering of sweet peas,** pick the flowers frequently — do not allow them to go to seed, so remove any dead flowers and seedpods immediately.

Remove any tendrils which are not actually required for supporting the plant as these absorb nutrients and strangle the young shoots.

STOCKS

Plant in full sun in rich soil.

Add lime to soil.

TOMATO PLANTS

To avoid introducing diseased tomato plants in your garden, grow seeds instead of buying plants.

TULIPS

Bulbs should be lifted and stored in a cool place as soon as the foliage dies down.

Plant tulip bulbs deeper than most other bulbs as they like cool soil.

WATER LILY

Plant water lilies in a rough basket of wire netting, containing a good rich mixture of well rotted animal manure, leaf mould, soil, gravel and a stone to weigh the basket down.

This arrangement is easy to remove from the pond for soil renewal, or plant division.

Kitchen - Food Storage Food Preparation and Cooking

ANCHOVIES

To **remove excess salt** from anchovies, wash them in milk.

APPLES

To prevent apples from **going black when peeled** drop into a pan of cold water with a little lemon juice.

To avoid **shrinking, wrinkled skins on baked apples,** slit in a few places before baking and rub skins with a little butter.

When preparing **apples for a pie,** try stewing them in orange juice instead of water, to improve their flavour.

To **thicken the syrup of cooked apples** add 1 tablespoon of golden syrup while cooking.

ASPARAGUS

To **freshen,** set stems in cold water.

When making **asparagus rolls,** use a little mayonnaise to moisten and flavour the savoury before rolling up.

AVOCADO PEARS

To **prevent discolouration of sliced avocado pears,** squeeze lemon juice over them.

BANANAS

To **store bananas in the refrigerator:**

(a) Put them in tightly sealed glass jars before refrigerating.

(b) Slice bananas directly into cold water and then drain before using.

To **prevent bananas from discolouring:**

(a) Pour lemon juice over the slices.

To keep **mashed bananas** from going brown, mash with a real silver fork.

To **flute peeled bananas** mark lengthwise with tines of fork and then cut slices crosswise.

BARBECUEING

Do not salt meat before braai-ing. Season with pepper and dry mustard before cooking. Add salt just before removing from the fire.

Avoid puncturing or cutting into meat to test it. If doubtful about a steak cut it in half. If necessary replace both halves on the grill and sear cuts.

BARLEY WATER

To make: One teaspoon of barley to 1 quart of cold water. Bring to the boil and let stand for 5 minutes. Strain. Add the juice of 2 lemons and sugar to taste.

BEANS

To **keep fresh beans and peas,** pod or shred them while they are still fresh, then place them in an airtight bottle in the refrigerator.

To **brighten the colour** of beans add a little bicarbonate of soda to the cooking water.

Keep green beans fresh by storing in a brown paper bag.

BEETROOTS

When **boiling beetroot for salad,** add a teaspoon of sugar to the water to soften more quickly.

To **prevent water from boiling over when boiling** beets, add a teaspoon of oil to the water.

To **keep the deep red colour** of beetroots, add a tablespoon of vinegar to the water in which they are cooked.

BOTTLE TOPS

To **unscrew a stubborn bottle top:**

(a) Wear a rubber glove on your hand for a better grip.
(b) Stand the bottle in luke-warm water and slowly increase the temperature of the water.
(c) Tap the lid with a blunt instrument, e.g. the heel of a lady's shoe or a knife handle.
(d) Tap the bottom of the bottle against a padded surface.
(e) Hold a lighted candle against the rim of the lid and turn slowly.

BOTTLES

To **clean bottles:** Break up egg shells, put them into bottles, add a little water and shake well.

To **prevent a bottle from cracking** when pouring hot liquid into it, put a knife under the bottle while pouring in the liquid.

To **prevent mineral or beer bottles overflowing** when opening, give one or two taps with an opener on the side of the bottle before opening.

To **clean vinegar bottles:** Fill with potato peelings and allow to stand until the potato peelings ferment, then wash.

To **clean stained bottles:**

(a) Use tea leaves with a little water. Shake well.
(b) Clean with a mixture of salt and vinegar.
(c) Chop up some raw potato very finely. Add a little vinegar. Fill the bottle with this mixture. Shake well. Add more water. Shake. Rinse out

BREAD

To **keep bread fresh and free from mould,** sprinkle a thin layer of salt at the bottom of the tin and then cover with a sheet of paper.

To **keep bread fresh,** place a washed and dried potato in the bread bin.

To **keep homemade bread fresh,** add 1 teaspoonful of glycerine per 1 lb. flour when making the bread.

Freshen bread rolls or beigel by placing in a hot oven of 400° for approximately 10 minutes, either:

(a) By placing in a paper bag with top twisted closed.
(b) First moistening slightly with a little cold water or milk.

To **keep toast soft** and warm if it is made some time before serving, wrap in aluminium foil and keep in warming oven.

To **cut fresh bread:**

(a) Use a hot knife or a knife dipped in boiling water.
(b) Cool the loaf beforehand in the refrigerator.

Hot rolls will stay hot for the latecomers if you put them in a warmed and covered casserole dish on the table.

When **turning bread crusts into crumbs,** tie a paper bag over the mincer and the crumbs will not fly off in all directions.

To **make bread dough rise more rapidly,** cover with a piece of plastic. It keeps the warmth in.

BREAD CRUMBS

To **prevent bread crumbs from going mouldy,** keep in a packet, not a jar.
To **prepare crumbs** from dry bread, force through a food chopper or place dry bread in a small cloth sack and crush with a rolling pin.

BURNT FOOD

To **restore burnt food** and **eliminate burnt taste:** Immediately set the burned pot or pan containing the food in a larger saucepan containing cold water. Do not stir the food — just leave it uncovered to cool. When the food has cooled, pour the contents of the saucepan into another one; don't scrape with a spoon as all the scorched food will adhere to the pan in which it was burnt.

CABBAGE

To **make cabbage more digestible:** When half boiled, pour off the water and place in fresh boiling water.

To **prevent cabbage odour:**

(a) Place a piece of white bread in the water.
(b) Place a teaspoonful of lemon juice in the water.
(c) Add a few drops of vinegar to the water.
(d) Place a piece of charcoal in the saucepan.

To **prevent cabbage from boiling over,** place a small piece of butter into the water.

CANNED FOODS

Drain fruit or other canned vegetables for salads easily by puncturing the top of the can before opening it, invert the can in a container to store the liquid. When the liquid has been drained, open the can and remove the contents.

CANNING

To **make screw top lids of canning jars easy to remove** when required, add a smear of vaseline to the inside of the lid before fastening down.

CARROTS

To **remove skins from carrots easily** drop into boiling water and stand for a few minutes.

To **keep carrots fresh,** wrap them in wax paper and a thick brown paper bag and store them in a cool dark place.

To **improve the flavour of grated carrots,** serve them with lemon juice.

CARVING

Saw the knife quickly to and fro. This gives a clean cut without pressing out the juices.

Cut across the grain of the meat to prevent meat from being stringy and tough — except with sirloin of beef and saddle of lamb.

When carving turkey, don't cut off the wing as with a chicken, but start carving just below the breast bone. Carve in thin, wide slices down towards the wing bone.

CHEESE

To **keep cheese fresh,** wrap in a cloth dampened with vinegar and store in a cool place — not in the fridge.

To **prevent cheese from turning mouldy and keep it soft,** place a lump of sugar in the cheese dish.

When **grating cheese** dip the piece of cheese into flour occasionally, this makes the grating easier and keeps the grater less clogged.

If **cheese becomes dry,** soak it in butter milk — it will return to normal.

To **prevent cheese from drying out,** brush cut surface with melted butter.

COFFEE

To **Pour coffee without using a strainer,** add a tablespoon of cold water to the coffee pot before pouring — the grains will sink to the bottom.

To **freshen a coffee pot,** rinse with borax.

COLOURING

For **yellow colouring in soup, gefilte fish, rice, etc.,** use pieces of outer dried onion skin or a beetroot.

CONDENSED MILK

To **whip condensed milk like cream,** heat first for 10 minutes and then allow to cool.

To **store an open tin** of condensed milk: Remove required quantity by piercing tin with 2 holes, one opposite the other. Cover tin with plastic bag, well secured to exclude air.

CORKS

To remove a **cork from a bottle** without a corkscrew, place a towel against the wall to act as padding, then grip the neck and tap the bottom of the bottle against the padding.

To **remove a tight cork,** rub some vaseline round the spot where the stopper and bottle neck meet; stand the bottle in cool oven. The cork will then come out easily.

Prevent bottle corks from sticking by rubbing a little glycerine or vaseline around the cork.

To **make a clean job of pulling corks out of bottles with greasy contents,** place a strip of tape underneath the cork. The long ends can then be pulled.

To make a **cork airtight and watertight,** soak it in oil for five minutes.

To **return a cork that has become too compressed and small for use** to normal, boil it in a covered pan for about 5 minutes.

If a **cork is too large for the bottle** leave in boiling water for a minute or two and it will fit quite easily.

CONDIMENTS

PEPPER: A dried pea in the pepper pot **prevents clogging.**

SALT: A few rice grains in the salt cellar will keep the salt dry.

COOKING

To **stop food boiling over,** grease the inside of the top of the pot.

COOL DRINKS

When soft drinks are served in bottles, wrap the bottoms with aluminium foil. Wrapped in foil, the bottles are less slippery and cold, and they cannot leave wet marks on furniture.

To keep **cool drinks cold** when going on a picnic, wrap them in heavyweight foil.

CORNING WARE

Cleaning :

(a) **Scorch Marks:** Rub off with a little cleaning powder on a damp cloth, sponge or use a plastic scouring pad.

(b) **Staining:** Spot staining may be removed by soaking dishes in household bleach.

(c) **Hard Water Marks:** Fill dish nearly full with a vinegar solution (2 tablespoons vinegar to 1 quart water). Boil for a few minutes. Wash the dish in warm sudsy water.

(d) **Grey Marks:** Some forks, knives, spoons or other stirring utensils made of soft metal may leave greyish marks. Remove with cleansing powder on a damp cloth.

Less heat is required with Corning Ware dishes than with a metal pan, thus for baking, the oven can be set at 250° lower; fry on a low to moderate heat for the best results.

CROCKERY

To clean plates and dishes **stained by overheating,** rub with a cork dipped into a bit of damp coarse salt.

CROUTONS

To make **crisp croutons** for soup, quickly and easily, toast the slice of bread first, then cube and fry in hot fat for a few minutes.

CUCUMBERS

Score cucumbers lengthwise with tines of fork and then cut slices crosswise.

CUSTARD

To prevent **skin forming on custard** while cooling:

(a) Cover with a cloth.

(b) Sprinkle liberally with sugar while still hot.

If **boiled custard curdles** through too long cooking, put in a little cold fresh milk and whip with an egg beater.

If **egg custard curdles,** place the saucepan in cold water immediately and beat the custard vigorously with a wire egg whisk.

CUTLERY

To prevent **cutlery sliding about** in the drawer and getting scratched, line the cutlery drawer of the sideboard with a thin layer of foam rubber.

To **keep cutlery bright and shiny,** rub over with a small piece of cotton wool dipped in flour. Polish afterwards with a soft cloth.

To **remove stains,** dip a cloth in wet salt and rub until the stains are removed.

DOUBLE BOILER

To **tell when a double boiler is becoming dry,** place several glass marbles in the bottom pan. When the water level is too low the marbles will rattle against the pan.

DRAINS

To **clear a blocked drain:**

(a) Place a large handful of washing soda in the plug hole, and pour a cup of vinegar over it.

(b) Pour down a mixture of salt and bicarbonate of soda. Leave to stand for about 30 minutes then pour down boiling water.

DRIED FRUIT

To **prevent dried fruit from sticking** to the knife when cutting:

(a) Rub the blade of the knife with butter.

(b) Dip the knife in flour.

Dates and dried figs can be cut up much more speedily and easily if a scissors, dipped in flour is used.

To **prevent nuts and fruit from sinking** in cakes: Wash all fruit well, including cherries, ginger, etc. Remove the glaze or syrup, grit and stalks. Dry well and shake in a paper bag together with sufficient flour to coat the fruit. Warm both fruit and nuts slightly before adding to the batter.

To **prevent dried fruit from clogging a mincing machine,** add a spot of lemon juice to the fruit before mincing.

To **separate packaged dried fruit,** i.e.; raisins and dates, place the packet in a warm oven for 5 minutes. This also plumps the fruit and makes it more succulent.

When stewing dried fruit, use weak tea instead of water. It brings out the flavour of the fruit.

EGGS

(a) **Beat eggs only slightly** when used for thickening agent, as in custard, puddings, sauces.

(b) **Beat eggs well** when used to make foods light, as in sponge cakes, puffy omelets, etc.

Frying

A teaspoon of water in the fat before **frying an egg** will prevent that starchy, bubbly look around its edges.

To **prevent fried eggs from sticking to the pan,** warm the butter then dredge with salt.

Scrambled Eggs

To prevent scrambled eggs from **sticking to the pan,** add a bit of butter when adding the eggs.

Poaching

To **prevent white of egg from spreading when poaching,** add a teaspoon of vinegar, lemon juice, or salt to every ½ pint of cooking water.

To **make eggs hold their shape when poaching,** stand in the shell for 1 minute in boiling water before poaching.

Omelet

To prevent sticking to the pan:

(a) Heat the pan well before using again, then scour it out with salt, using a greased soft paper. Always let the butter be smoking hot before putting your mixture in the pan.
(b) Do not use eggs straight from the refrigerator for omelets. This makes them stick to the pan.
(c) Do not overbeat eggs when making omelets. The yolks and whites should just blend.
(d) To **make lighter omelets,** add 1 teaspoonful of water to each egg.

Boiled Eggs

To **tell if an egg is boiled or not,** spin it on a table top. A raw egg will stop after a turn or two, while a boiled egg will keep spinning longer.

Hard boiled eggs are **easier to shell** if put into cold water immediately after cooking; this also prevents the white from discolouring.

To **keep yolks in centre of hard boiled eggs** required for decoration:
(a) Stir gently round with a wooden spoon as the eggs come to the boil.
(b) See that there is enough water in pan to completely cover eggs.

Cracked Eggs

To **prevent eggs cracking** when boiling, always wet egg shells before placing into the water.

To **boil cracked eggs:**
(a) Rub the cracked part with moistened salt before placing the egg into boiling water.
(b) Add 1 tablespoon of salt to water in which egg is boiled.
(c) Add 1 teaspoon vinegar to water.
(d) Wrap egg in aluminium foil and boil in salt water.

TO PRESERVE EGGS

To **keep egg yolks** for two to three days:
(a) Place in a cup, cover with water and seal with tin foil, refrigerate.
(b) Refrigerate in tightly covered jar partly filled with milk.
(c) Pierce a small hole in the larger end of the egg and drain off the white. Then seal the hole with a touch of the egg white.

To **keep egg whites** for a few days: Store in fridge in a covered glass jar and use in recipes which call for cooking.

To freeze egg whites

Place them in a small foil pan and put them into the freezer. As soon as the egg whites are frozen solid, fold the sides of the pan firmly towards the centre to form a seal and return them to the freezer — this way they will stay in good condition for up to two weeks.

To preserve eggs and keep them fresh for up to 6 months; paint them when fresh, with egg white beaten up with a little salt. Lay them on paper to dry. Pack in dry bran in a tightly covered tin.

Egg whites

If **only the white of the egg is required,** make a small hole in the shell with a darning needle. Drain the white and seal the hole with butter. Stand the egg upright in the refrigerator and the yolk will remain fresh for several days.

When beating egg whites:

(a) To make them more fluffy, add a few drops of lemon juice.

(b) To make them stiffen quicker add a pinch of salt. The egg should be stored in a refrigerator for a short time before beating.

(c) To beat up more easily, add a pinch of cream of tartar.

(d) To beat up quickly and yield double the quantity, add 1 teaspoon sugar and 1 dessertspoonful of cold water.

(e) Make sure the bowl and beater are dry and clean.

To **remove stiffly beaten egg whites from the dish,** let it stand for a few minutes, then it will slide out leaving the dish perfectly clean.

To **beat eggs easily:** Rinse the basin in cold water and leave a little water behind. Break eggs into this. The basin is then left perfectly clean when the beaten egg is poured out.

To **save an egg:** Use a fairly thick flour and water batter instead of an egg to coat fish and meat rissoles. Roll these in bread crumbs before frying.

To **save the polishing of egg-darkened silver teaspoons:**

(a) Give children plastic spoons in bright colours to use when they eat soft boiled eggs.

(b) When the silver of metal egg spoons become discoloured, leave them for a time in the water in which you have boiled the eggs.

EGG SUBSTITUTES

Instead of beaten egg for coating fried food, e.g. fish, use custard powder with a little milk.

For binding rissoles, instead of egg use 1 tablespoon of tapioca or sage, soaked for 1 to 2 hours in enough water to cover.

To **TEST THE AGE OF AN EGG,** place in a basin filled with cold water:

(a) A newly laid egg sinks to the bottom.

(b) An egg which is a few days old, stands up on end in the water.

(c) A **stale egg** floats on top.

NOVELTY EGGS:

Paint a face with an indelible pencil on boiled eggs.

To **design on the white of a boiled egg:** Dissolve 1 oz. of alum in ½ pint vinegar. Write on the shell of the egg with this solution. When it is thoroughly dried, boil the egg for 15 minutes. All sign of the writing will have disappeared from the shell but will show clearly on the white when the shell is peeled off.

To **make coloured eggs.** Boil in water to which culinary colouring has been added.

FAT — TO RE-USE FAT:

When cooking is completed, place a few slices of raw potato in the fat and cook for a few minutes until the potato is brown. The potato will absorb any foreign flavours which the fat may have acquired from the food, and collect some of the sediment. Strain the fat through a fine sieve and store in a dark cool place in a closed container.

To **keep cooking fat white,** place it in a bowl half filled with water. The fat will form a firm white layer on top and the black specks will sink to the bottom.

Prevent fat from splashing by sprinkling a little cooking salt in the pan when frying.

Fat marks on wood should be sprinkled immediately with coarse salt.
To **prevent spilt fat fom staining the floor,** pour cold water on to it immediately, to harden it and prevent it being absorbed.

FISH

To **prevent hands from slipping when skinning fish,** dip fingers in salt.
When **grilling fish,** make three slits on each side of the fish before grilling, to prevent it from bending.
Add 1 dessertspoon of vinegar to the fat when frying fish, **to help keep the flesh firm.**

To **keep fish firm and white while boiling,** add a little lemon juice to water.
To **firm the flesh of river fish,** and loosen the scales, stand it in a basin of water in which 2 or 3 tablespoons of salt have been dissolved.
Test fish as you would a cake, with a skewer, to find out if it is cooked.
To **keep fish perfectly fresh** for the next day, immerse it in a basin of water containing a dessertspoonful each of salt and vinegar.
To remove **fishbone from throat,** suck the juice of half a lemon, slowly.

FRYING

To **prevent fat and oil from splattering when frying:**

(a) Cover the pan with an enamel or aluminium colander, turned upside down. This permits the food to brown, allows the steam to escape.
(b) Punch nail holes in tinfoil pie plates to let out steam and use as a cover for frying pan.
(c) Add a tablespoon of flour to the fat.

GARLIC

To **remove garlic odour from breath,** chew parsley.

GELATINE

To **dissolve gelatine easily,** first soak in cold water (2 to 3 tablespoons water for every tablespoon gelatine for 4 to 5 minutes). Then add hot water.

Never boil gelatine, dissolve over a low heat.

GLASS

To **protect glass when packing,** wrap the article first in damp newspaper. When dry this forms a protective layer.

To **separate two glasses** that have stuck together:

(a) Place the bottom glass in warm water, then pour cold water into the top glass. They will then separate easily without breaking.
(b) Drop a little glycerine between them.

An **obstinate glass stopper** may be removed from a bottle if the stopper is dabbed with vinegar.
To **prevent a glass dish from cracking** when pouring in hot liquid, place a silver knife or spoon into the glass dish before pouring.
To **prevent a bottle cracking** when pouring something hot into it, put a knife under the bottle before pouring the hot liquid.
To **pick up splinters** remaining on the floor when a glass has been broken, wipe over with a pad of damp cotton wool or newspaper.

CLEANING GLASSWARE

Mirrors, glassware and windows can be cleaned and shone by:

(a) Cleaning with stale tea — also keeps flies away.
(b) Adding a few drops of ammonia to the washing water.
(c) Adding a tablespoonful of vinegar to the cleaning water.
(d) Adding a little lemon juice to the final rinsing water.

Cleaning Cut glass:

(a) To impart a sparkle, wash thoroughly in warm water with soap suds. Clean the facets of cut glass with a soft tooth brush.
(b) To **remove the deposit** which settles in the bottom of a decanter, use a mixture of salt and vinegar. One tablespoon of salt to ¼ pint vinegar. Allow to stand for a while shaking occasionally, then rinse thoroughly.

If this does not remove the deposit, use a mixture of crushed egg shells and hot water.

(c) Rinse the article in:
  (i) Vinegar solution.
  (ii) One tablespoon of ammonia in hot soapy water.
  (iii) Strong solution of washing blue and water.
(d) Dry with a non-fluffy linen cloth.
(e) Polish with crumpled newspaper or French Chalk.

To **remove the white rings** in glass water jugs or vases caused by too much lime in water, fill with water and the juice of a large lemon. Leave overnight.

To **clean badly discoloured glass vases** and decanters:

(a) Place broken shells of 2 eggs in the dirty container and add the juice of 2 lemons. Leave for 2 days, shaking occasionally. Empty and rinse well.
(b) Fill the article with a solution of salt and vinegar. Leave for a couple of hours, shaking occasionally, then rinse in cold water.
(c) Chop up some raw potato very finely, add a little vinegar and put this mixture into the bottle. Shake well. Add a little water and shake again. Rinse thoroughly.
(d) Clean with tea leaves.

To **clean discoloured glass baking dishes,** soak in a strong solution of borax and water.

To **remove burn marks from glass,** rub with salt and wash with warm soapy water.

GRAPEFRUIT

To **prepare hot grapefruit:**

(a) Put a lump of butter in each one and place in the oven for 20 minutes.
(b) For a special occasion, put a little sherry in each grapefruit and place in the oven.

To **improve the flavour of grapefruit and avoid tartness,** sprinkle with salt.

GRAVY

To **improve gravy that seems flat and tasteless,** peel an onion, wash well and soak in a cup of boiling water for 10 to 15 minutes. Add the liquid to the gravy and it will take on a lovely brown colour and the flavour of the onion.

To **make a slightly lumpy gravy smooth,** beat it with an egg whisk.

HERBS

Dried herbs soaked in milk **brings out their flavour.**

HONEY

When measuring honey, first dip the spoon in flour and then in the honey.

ICE CREAM

To **store ice cream in freezer,** wrap in foil, and it will stay firm and there will be no 'fridge taint.'

To prevent **ice cream cones dripping** all over, cut a hole in the centre of a paper plate, and insert the cone in it. This is especially useful in the car.

ICE CUBE TRAYS

To **prevent sticking ice cube trays:**

(a) Place a sheet of foil or wax paper under them in the freezer.

(b) Sprinkle salt into the freezer before putting in the trays.

JAM

When filling jam jars stand them on a folded damp cloth or towel to **prevent them cracking.**

When **sealing jam jars,** place a narrow tape or piece of string, long enough to extend beyond the jar, across the top, then pour on hot wax. When the jam is to be used, the wax can be removed simply by lifting the string.

To **prevent jam burning,** place marbles in the bottom of the pan.

To **prevent jam from boiling over or sticking to the bottom** of the pan, butter the sides and bottom of the pan freely.

To **avoid the scum forming** when making jam, put a knob of butter in the jam.

To **ensure a good 'set'** when making jams or jelly, especially with over-ripe fruits, low in pectin, add lemon juice. This not only adds piquancy, but the acid and pectin content greatly improves the jam.

To **prevent jam from becoming sugary** add a little glycerine to the jam when boiling.

Before **measuring jam,** wet the spoon with hot water.

Jam in pastry: Heat jam to almost boiling point before putting into pastry, in order to keep pastry crisp and prevent that sodden look.

JELLY

To **set quickly:**

(a) Pour into ice cube tray and place in freezer compartment of refrigerator for 5 to 10 minutes. Watch that it does not freeze.

(b) Dissolve powder with 1 cup boiling water, then add 1 cup iced water.

(c) Add a pinch of bicarbonate of soda.

(d) Stand the mould in a basin. Fill the basin with water to reach nearly the top of the mould, then put a handful of kitchen salt into the water.

To **set jelly almost immediately,** dissolve one packet of jelly powder in 1 cup of boiling water. Add 6 cubes of ice and whip well with an egg beater.

To facilitate easy **removal of jelly from a mould:**

(a) Fill mould with cold water and leave until you are ready to mould the jelly, then drain off the water and pour the jelly while the inside of the mould is still wet.

(b) Leave a teaspoonful of cold water inside the mould after rinsing.

(c) Grease mould lightly with cooking oil, especially copper moulds, allow to drain well before adding jelly.

When **adding milk to jelly,** be sure that the jelly is cold or it will curdle.

KETTLE

To **clean a furred kettle:**

(a) Fill kettle with cold water to which a little strong ammonia has been added, boil up and rinse well.

(b) Fill kettle with a pint of water to which a tablespoon of vinegar has been added. Allow to stand for 3 to 4 hours, not longer, empty and rinse thoroughly.

(c) Pour into kettle a bottle of vinegar plus half cup water, boil up and rinse out well.

To **prevent furred kettle.** A glass marble or river pebbles kept in a kettle will prevent fur forming.

To **clean outside of kettle.** Clean with a good window polish, or with a silver polish.

To **remove the sediment from a kettle,** fill it with sour skimmed milk and stand for a few days. Pour off the milk and wash out.

KNIVES

To **clean rusty knives:**

(a) Stick them into the garden soil and leave them there for 2 hours. Remove and rub with a damp cloth dipped in finely powdered ash.

(b) Soak overnight in sour milk, then wash as usual and rub.

To **clean stained steel knives,** rub them with a raw potato cut in half.

To **clean stained knife handles,** rub with a paste of french chalk and lemon juice.

To clean Ivory handles — see Ivory.

LEMONS

The **rind of lemons,** which is useful for flavouring carrots, salad dressings, or baked fruit puddings may be grated and stored in a tightly covered jar in the refrigerator.

To **keep lemons fresh:**

(a) Place them in a jar of cold water and change the water daily.

(b) Smear the white of an egg over the lemon.

To **extract juice** from a lemon when only a small amount is needed, puncture the skin with a fork and gently squeeze out the required amount.

To **get double the amount of juice,** heat thoroughly before squeezing lemons.

LETTUCE

To **keep lettuce crisp:**

(a) Place a lump of coal into the cold water in which you are washing the lettuce.

(b) A few drops of lemon juice dropped into a basin in which you wash your lettuce will make it crisp.

(c) Do not use salt, as salt makes lettuce flabby.

(d) Place in water with a teaspoon of borax.

To **crisp wilted lettuce:**

(a) Put in hot water, not scalding, and leave it till the water is cold.

(b) Place in a bowl of cold water with a pinch of bicarbonate of soda.

(c) Separate the leaves and place in ice cold water with slices of washed but unpeeled raw potato. Leave in refrigerator for an hour or so.

To **separate easily.** Cut out core, place lettuce heads under running water so that it runs into the cavity. Drain and dry leaves before use.
To **garnish.** Place paprika on waxed paper and dip edges of leaves into it.

MACARONI

To **avoid sticking** when cooking **macaroni** or **spaghetti,** place macaroni into a colander or sieve which is placed in a pot of boiling water.
To **avoid boil-overs** while cooking macaroni or spaghetti, add 1 tablespoon of cooking oil or butter to the water.

MARMALADE

To **hasten the boiling of marmalade,** add a little bicarbonate of soda to the water.

MARSHMALLOWS

To **cut marshmallows,** use a pair of scissors sprinkled with flour. The same applies to dried fruit.

MAYONNAISE

If home-made **mayonnaise curdles or separates,** add the separated mayonnaise drop by drop to a fresh egg yolk and beat until it starts to thicken. Continue until all is blended.

MEAT

General

Unwrap meat when it comes from the market and rewrap it in wax or freezing paper. This way the juices are not absorbed by the wrapping paper while the meat is stored.
When you **pound meat,** sprinkle a little water over it first.
To keep meat fresh when going camping, salt and pepper well on both sides and lay between strips of greaseproof paper. Make sure that no piece of meat touches another piece.
To **keep meat moist,** brush over it with melted fat.
When **marinating meat,** do not use aluminium — rather use porcelain, enamel or glass utensils.

Frozen Meat

To **speed the thawing of frozen meat,** run hot water into the sink, place a dish drainer in it, upside down, then place the frozen meat on the drainer, just above the water level, and cover the meat with a pan turned upside down.
To **cook a frozen joint,** wash and season well, wrap in aluminium foil, and place in a roasting pan in the oven. Handled this way the meat will cook in its own fat.

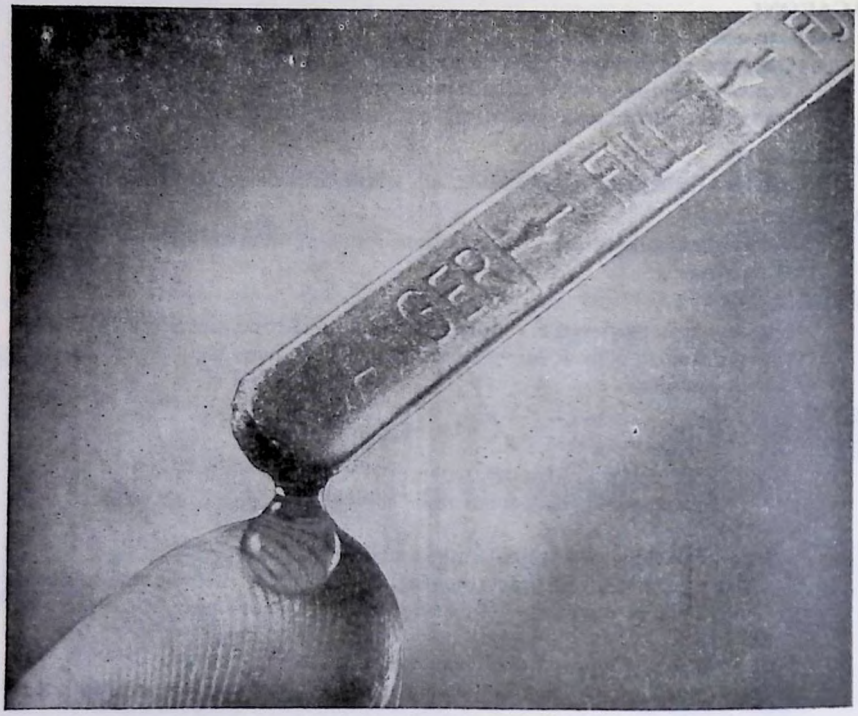
Cow Heels

To **clean cow heels,** drop the heels into a pan of boiling water for a few minutes, then scrape with a sharp knife.

Ham

To **boil ham,** wrap in greaseproof paper and put a small Spanish onion in the water with the ham. When ham is tender, leave in the water until nearly cold to keep moist and retain the flavour.
Mix a little honey and orange marmalade to **give baked ham a lovely glaze and flavour.**
To **keep ham pink and the fat white,** add the juice of half a lemon to the water, when boiling.

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Castrol South Africa (Pty) Limited

Only Castrol XL Super 20W-50 cuts down oil consumption with Liquid Tungsten.

LAMB

To **add flavour to roast loin of lamb.** Fifteen minutes before end of cooking time, sprinkle with brown sugar and juice of an orange. Baste twice.

To **remove strong taste from lamb.** Soak the lamb in water to which you add 2 or 3 tablespoons of vinegar.

LIVER

Tender liver. To tenderize liver, remove the skin and soak in milk for half an hour before frying.

To **prevent a bitter taste** in cooked liver, sprinkle with lemon juice before frying or cooking.

MINCED MEAT

To **get perfectly shaped meat balls:**

(a) Sprinkle a little flour into a tea cup, put in the required amount of meat and toss until lightly coated with flour, turn out and flatten with the hand.

(b) Shape patties with wet hands for an extra fast and neat job.

(c) To improve the texture of patties, as well as their shape, add a few drops of water to the meat. Shape into patties and let stand 10 minutes or more before cooking.

To **make fluffier meatballs:**

(a) Add a handful of rice to the meat — This also absorbs any excess fat.

(b) Soften bread crumbs in hot — not cold milk.

To **freeze hamburgers** so that they won't stick together, pre-freeze them on a cookie sheet. As soon as the patties are frozen solid, wrap them and return the package to the freezer.

To **prevent heart burn** from minced meat, mince in an apple or a stick of rhubarb.

To **make the mince machine easy to clean,** after mincing the meat, mince through a piece of dry bread or toast. This takes out the last of the meat and absorbs the grease.

OX TONGUE

Skin tongue while still warm.

Tongue **peels more easily** if vinegar is added to the water in which it is cooked.

POULTRY

To **reduce the richness of roast duck,** prick the skin all over to allow the fat to run out easily.

To **keep poultry fresh,** place a large peeled onion inside the birds that are not to be used or cooked immediately.

To **tenderise an old bird,** add a tablespoonful of vinegar to the stock in which it is cooking.

To **tenderise poultry and whiten the flesh,** rub wtih lemon.

To **take out obstinate small feathers** from poultry, pluck with a pair of tweezers.

Season poultry the day before cooking — this greatly improves the flavour.

To **singe a chicken** when preparing, pour a little methylated spirits into a lid of a tin and set alight. The resulting flame will be sufficient for singeing and leave no charred paper, etc., to clean up afterwards.

When **plucking a chicken** add a teaspoonful of bicarbonate of soda to the water — the feathers will come out much more easily.

Boiled chicken: Chicken breast will cook pure white if it is rubbed with lemon before boiling.

ROASTS

To **remove the fat from a roast gravy,** drop a few ice cubes into the pan after the roast is removed. Fat solidifies around the ice cubes and is easily removed.

When a roast is put into the oven, set a small foil pan partly filled with flour beside it. When the flour has browned it is ready for flavourful **brown gravy making.**

When **roasting a small cut of meat,** use a small shallow baking pan. The steam can circulate more freely than in a deep roaster and the roast will brown more easily.

To **season a roast:** Do not salt before roasting. It forms a crust which prevents browning. Season with dry mustard and black pepper.

Rub meat with butter or dripping **before seasoning,** so that the seasoning adheres to it.

SAUSAGES

To **prevent sausages bursting** before frying, prick them and dip them in boiling water. Dry before frying.

To **skin sausages easily,** dip them in boiling water for a minute.

STEAK

To **tenderise chops and steak:**

(a) Brush with oil and allow to stand for 2 hours before cooking.

(b) Add about half a teaspoonful of baking powder to 3 tablespoons of flour, roll steak in this and leave for ½ hour. Then fry.

(c) Rub a little vinegar over meat before cooking.

(d) Allow it to soak for 20 minutes in a mixture of 2 parts vinegar to 1 part water. Dry before cooking.

TRIPE

To **shorten the cooking time of tripe,** add a teaspoon bicarbonate of soda to the water.

VEAL

To test whether **veal is through cooked,** prick with a cocktail stick — the juice which runs out should be colourless.

MILK

To **prevent scalded milk from scorching,** rinse out the pan with hot water before using.

To **prevent milk from sticking to the saucepan when boiling,** rinse the saucepan with cold water before using.

To **ease the washing of milk saucepans,** immediately the milk has boiled, wipe around the saucepan with a damp cloth. This will remove any residue.

To **prevent milk boiling over,** rub a little glycerine around the top of the saucepan.

To **remove the taste of burnt milk:**

(a) Add a pinch of salt and half a teaspoon of sugar, before the milk is cold.

(b) Pour it immediately out of the pot into a jug. Stand the jug in a basin of cold water until cool.

(c) Add a pinch of salt and half a teaspoon of starch immediately.

To get rid of the **unpleasant smell when milk has boiled over,** sprinkle salt liberally on the soiled stove.

To **prevent the formation of skin on milk** as it boils, whip it vigorously with an egg beater until a thick froth forms on top. Cool rapidly.

To **make milk sour,** add 1 to 2 tablespoons lemon juice or vinegar to each cup of luke warm milk. Stir well and allow the mixture to stand for approximately 10 minutes to thicken.

To **substitute sweet milk for sour milk** in a recipe. If the leaven is baking powder or bicarbonate of soda, be sure that you add it to the dry, not the liquid ingredients Make the following adjustments:

(a) For every teaspoon of baking powder indicated in the recipe, use ¼ teaspoon baking soda plus half a cup sour milk. Or,

(b) For every teaspoonful of baking powder indicated use ¼ teaspoon baking soda and ½ teaspoon vinegar or lemon juice plus ½ cup sweet milk.

To **prevent milk from turning sour,** add a teaspoonful of peroxide to each pint or a pinch of bicarbonate of soda.

EVAPORATED MILK

Evaporated milk triples its volume when whipped and cream doubles its volume.

To **whip evaporated milk:** Place can of milk in the refrigerator overnight or until partially frozen. Pour the contents into a very cold bowl, add one teaspoon of lemon juice to ⅔ cup of milk and whip as cream.

To **help whipped evaporated milk hold its stiffness longer,** add lemon juice while beating; or soften a little unflavoured gelatine in cold milk for 5 minutes and dissolve in scalded evaporated milk before chilling.

When **adding whipped evaporated milk to another mixture,** the mixture must be thoroughly chilled.

MINT

To **chop mint easily,** sprinkle a little sugar over it. It will prevent the mint from sticking together in lumps.

Grow mint in an old bucket. The roots will not spread all over the garden and you will have a **fine cluster of mint.**

MUSHROOMS

Mushrooms will **retain their whiteness** if a little lemon juice is added before cooking them.

MUSTARD

Flavour of mustard is greatly improved if it is prepared with lemon juice instead of water.

To **prevent mustard from hardening:**

(a) Add a teaspoonful of salt and use milk instead of water.

(b) Use olive oil to mix instead of water.

To **prevent mustard discolouring,** mix with a little milk instead of water.

NON-STICK PANS (TEFLON)

Before using Teflon Pans for the first time, pour in half a teaspoon of table oil. Spread it all over. Wipe with a soft cloth.

Always **cook over a low flame** and never overheat the pan when it is empty.

Always **use a wooden spatula** to turn the food in a Teflon Pan.

To clean, use a soft cloth, hot water and a detergent — never use a metallic cleaning pad or scouring powder.

To **remove the brown discolouration on the coating,** boil some bleach in the pan for a few minutes. Rinse freely.

ODOURS

Cabbage and Cauliflower odours can be avoided by:

(a) Placing a slice of bread or lemon on top when cooking.
(b) Pouring a little vinegar or salt on top and cooking with the lid closed.
(c) Adding a teaspoon of lemon juice to the boiling water.

To **get rid of kitchen odours** when boiling vegetables, onions or meat, place a piece of charcoal, the size of a marble into the pot.

To remove the **smell of garlic** from hands, rub salt into fingers and wash with soap and water. **To sweeten breath** eat a little parsley.

To **remove onion smell** from hands, SEE ONIONS.

To avoid unpleasant odours when **cooking fish:**

(a) Cover fish with browned butter.

(b) Add lemon juice to the fish. This also improves the colour.

(c) Wet a wad of newspaper and place it on the rack above the stove when frying fish. This absorbs the odour.

To remove **fishy smell from dishcloths,** soak them in 2 pints water mixed with one teaspoon of bicarbonate of soda. Then wash as usual.

To expel a **fishy smell from cooking utensils:**

(a) Add 2 tablespoons of ammonia to the washing water.
(b) Empty used tea leaves into the pan, cover with water and leave for a few minutes. Rinse well.
(c) Wash pot or pan in the usual way, then rinse with a little vinegar.

To remove the **fishy taste from cutlery:**

(a) Rub with a fresh piece of lemon peel.
(b) Soak in cold water to which 2 teaspoons of mustard powder has been added for 20 minutes, then wash in hot water.

To avoid an odour when cooking **fresh shrimps,** add a few drops of vinegar to the water in which they are being boiled.

To remove the **disagreeable odour of herrings,** leave an uncorked ammonia bottle in the kitchen for a few minutes.

To **remove the odour of paint,** place a sliced onion on a plate, or in a bucket of water in the room.

To remove **food odours from jars** and bottles:

(a) Pour a solution of water and dry mustard into bottles and stand for several hours.
(b) Fill with diluted chlorine solution, then rinse in hot water.

OLIVE OIL

To **make olive oil tasteless,** add a pinch of salt.

ONIONS

To **make onions more digestible:**

(a) Before frying, peel, slice and put in cold water with a little salt and boil for 5 minutes. Drain off the water and then fry.

(b) Pour boiling water over onions, then strain the water off immediately. This way the rankness goes down the drain and not into one's stomach.

(c) Add a pinch of bicarbonate of soda to sliced onions when frying. This also makes them softer.

To **prevent onions falling apart when cooking,** pierce them with a fork before cooking.

To **extract juice from onions,** cut a slice from the root end, and scrape the juice from the centre with the edge of a teaspoon.

To **keep halved onions** for several days, smear a layer of margarine on the cut surface.

To **clean onions without tears:**

(a) Chill onions in covered containers in the refrigerator before peeling.

(b) Cut off the root end first.

(c) Place a piece of bread between your teeth and breathe through your mouth.

(d) Hold onions under water while peeling.

(e) Cut the onion through the centre vertically, i.e. from top to root end. Place it on a chopping board with the two green shoot leaves faced downwards and across. The green shoot which has been cut in half is the flavour bud, and treated in this way the tear-inducing elements go into the board, instead of your eyes.

To **remove onion smell from hands:**

(a) Rub them, after washing, with a little ground coffee.

(b) Rub on some dry or mixed mustard, then wash with soap and water.

(c) Rub some salt into hands, then wash.

To **eliminate the smell of onion from breath,** chew a sprig of parsley dipped in vinegar.

To **remove the odour of onions from knives and cooking utensils,** rub them with salt and wash in warm water.

To **prevent onions from sprouting,** take a red hot knitting needle, and run it down the centre of the bulb.

When **browning onions,** sprinkle with sugar to get a good brown colour.

ORANGES

To **preserve fresh orange juice:** Bottle the juice with a small amount of sugar. Put the bottle of juice in a saucepan of water and bring the water to the boil. Allow the bottle to stand in this for 10 minutes, without the water boiling. Now cool the juice rapidly by removing it from the hot bottle.

When **peeling oranges** and grape fruit, stand them in a bowl of boiling water for about 5 minutes. They then peel easily and the white stringy pith comes away with the peel.

To **remove the pith and core from oranges,** soak them in boiling water for 5 minutes before peeling.

To **preserve oranges,** pack them away covered in dry salt so that they do not touch one another.

To **extract more juice from an orange,** soak in hot water until the orange is warmed through.

OVENS

To **loosen fat deposits in an oven** and to make cleaning easier, preheat oven to 250°. Place a dish of warm water with a good dash of ammonia in the oven and leave for at least an hour. The ammonia fumes loosen all fat deposits.

To **make cleaning easier,** line the bottom of your oven with aluminium foil.

Sprinkle salt or bicarbonate of soda **over flames in an oven** caused by boiling fat.

To **avoid the unpleasant smell caused by oven spills,** sprinkle them with salt and a little cinnamon.

OVENWARE

To **remove brown stains** on ovenware dishes, wipe with cotton wool dipped in salt.

PARSLEY

To **keep parsley fresh,** place in an airtight bottle in the refrigerator. After a few days remove the parsley and dry the inside of the bottle. Replace the parsley. It will keep for a fortnight.

To **revive dull, wilted parsley,** stand it in a bowl of water and refrigerate for half an hour.

To **chop parsley,** use a pair of scissors instead of a knife.

To **dry parsley for winter:** Take a bunch of parsley and, holding by the stem, dip into boiling water till it is a vivid green. Then put into a quick oven to dry. Rub between the hands or through a coarse sieve.

PEACHES

To **remove peach skins easily.** Cover peaches with boiling water and leave for half a minute. Plunge into cold water, drain, then skin at once.

PINEAPPLE

Pineapple is **ripe enough to serve** when leaves can be easily pulled from crown.

PLASTIC FOOD BAGS

To **close plastic food bags securely,** twist the bag ends, fold them over, then twist pipe cleaners around them. Pipe cleaners can be used many times, are easier to attach than rubber bands and do not tear apart as the paper-covered wire does.

POTATOES

To ensure **crisp chips.** Pour boiling water over the uncooked chips, drain and dry well before frying, and your chips will be temptingly crisp.

To **improve the flavour of potato chips,** add a tablespoon of vinegar to the oil when frying them. This also speeds up the cooking process.

To **make old potatoes white,** add a few drops of lemon juice to the water in which they are boiling.

New potatoes will scrape more easily if first soaked in salt water. Wipe off skin with a soft towel.

To **peel potatoes easily,** when boiling them in their jackets, cut off a thin strip of skin round the the centre of each. The remaining skin will slip off easily.

To prevent potatoes from discolouring:

(a) Add a teaspoon of milk to water in which they are boiled.
(b) When grating, grate into a bowl of cold water. Drain off the water just before potatoes are used.
(c) Place in salt water after peeling.

To **make crisp roast potatoes.** Par-boil them in their jackets. Remove jackets, and with a fork scrape roughly across potato. Place in roasting pan, and the result is delicious.

Roast potatoes brown beautifully if they are sprinkled with flour before roasting. Potatoes **will bake more easily** if they are first allowed to stand in hot water for about 15 minutes.

To **keep baked potatoes soft** and tender, grease skins before baking.

To make **mashed potatoes light and fluffy:**

(a) When mashing add ¼ teaspoon of baking powder.
(b) Add a pinch of bicarbonate of soda.

To **prevent potato latkes being greasy,** add a tablespoon of vinegar to the frying pan, when frying.

POTS AND PANS

To clean **ALUMINIUM POTS AND PANS**

To **remove discolouration and dark film:**

(a) Boil either apple or rhubarb peelings in the pot for 5 minutes.
(b) Boil water with 1 teaspoonful cream of tartar to each pint, in the utensil. Leave this mixture to simmer for 10 minutes.
(c) Heat a washing soda solution (3 heaped teaspoonfuls washing soda to 2 pints of water), simmer in the utensil for 1 hour.
(d) Boil up a quantity of water in the utensil with a tablespoonful of vinegar for 5 minutes.
(e) Boil fruit peelings, such as apple skins, in the pan.
(f) Rub with a cork dipped in salt.
(g) Rub in a small amount of lemon juice, then wash well with warm water.

Rub over the electro-plated and aluminium pots regularly with a small piece of cotton wool dipped in flour and polish with a soft cloth.

To clean the **black burnt parts** of aluminium saucepans, rub a penny over the affected parts. Scour afterwards with steel wool.

To clean the bottoms of **re-inforced pans,** scour with steel wool, using circular movements only.

To remove **burn stain,** pour water into the pot and add a small onion. Heat pan until the water boils. All the burnt remains will rise to the top.

Avoid pouring cold water into hot pans. The sudden change of temperature will cause the pans to warp.

To **make porridge pots easier to clean,** first melt a cube of butter in the saucepan, then mix the porridge.

To **clean coffee stains** from pots and strainers, boil in a solution of 1 teaspoon of bicarbonate of soda to 1 pint of water for about 20 minutes.

To **remove grease from pots,** boil in a solution of washing soda for 15 minutes.

If **food sticks to enamel utensils,** fill with water and allow to stand overnight. For particularly stubborn sticking, boil with a little vinegar or detergent, then wash as normal.

To **remove burn marks** from pots and pans:

(a) Soak in water overnight.
(b) Rinse in cold water and, while wet, sprinkle cream of tartar over the burn marks. Leave to stand for ½ hour, then rub.
(c) Put a teaspoon of borax in the saucepan, fill with water and leave to soak.
(d) Fill with water, add bicarbonate of soda and allow to stand for 1 hour. Heat the water slowly and allow it to simmer for a few minutes. The burnt patches will float off easily.
(e) Fill the pot with cold water and vinegar, bring slowly to the boil. Boil gently for half an hour.
(f) Fill the pan with soapy water and boil for about 15 minutes.

Don't try to wash a **scorched pan** immediately. Soak it overnight in some slightly diluted household bleach.

To **remove the odour of fried fish or onions** from a frying pan, scour it well, then swill with a mixture of vinegar and water.

PUDDINGS

To ensure that moulded **puddings do not stick to the mould:**

(a) Place a square of greased paper at the bottom of the mould before pouring in the pudding.
(b) Brush the inside of the mould with lightly beaten egg white. (Especially jelly moulds).

To ensure a creamy, fluffy consistency in **puddings using gelatine and cream,** allow both the gelatine mixture and the cream mixture to be of the same consistency before folding the two together. In this way there will never be a 'jelly' layer at the bottom of the dessert.

See GELATINE.

To **turn out a steamed or boiled pudding,** allow it to stand for 2 or 3 minutes to contract. It will then come out easily.

To **lighten Yorkshire pudding,** add a tablespoon of hot water to the batter before putting it into the boiling fat.

To **lighten Suet pudding,** use the same quantity of stale bread, soaked in cold water and thoroughly squeezed, as suet.

REFRIGERATORS

To **clean refrigerators when de-frosting,** add 1 tablespoon of borax per quart of water. This removes stains and deodorizes.

To **defrost the refrigerator quickly,** switch off the current, fill the ice trays with boiling water and place them in the freezer, then place a basin of boiling water inside the fridge. Allow to stand for 10 minutes, then wipe with a moist cloth.

An easy way to de-frost the refrigerator, switch off the current, and turn your hair-dryer on to the ice. This melts it very quickly, and the job is done in no time.

Before putting ice trays into the freezer, sprinkle the freezer with salt, and this will **prevent the trays from sticking.**

To **remove odours from refrigerator:**

(a) Place a small jar containing a strong solution of permanganate of potash on one of the shelves, and leave until the odour has gone.

(b) Wipe the fridge out with a solution of bicarbonate of soda in water .

(c) If the fridge has developed a spoiled food odour, scrub the interior of the fridge, then set pans filled with charcoal on the shelves and leave for several days.

RHUBARB FLAVOUR

To **tone down the sharp flavour of rhubarb,** add five drops of rose essence when boiling.

RICE

To make rice **whiter and more fluffy:**

(a) Add one teaspoonful of lemon juice to each quart of water while cooking.

(b) Add a small quantity of butter or oil to the water.

(c) Use a fork or slatted spoon to fluff rice after cooking. This helps to separate the grains.

(d) Remove the rice from the saucepan within 10 minutes.

Rice may be **kept in the refrigerator** for 5 to 6 days, or frozen. Cover to prevent grains from becoming hard and dry.

Points to **avoid when cooking** rice:

(a) Don't peek when cooking. This lets out the steam and lowers the temperature.

(b) Don't stir after it comes to the boil. This mashes grains and makes rice gummy.

(c) Don't wash rice. You loose valuable minerals and vitamins.

To **prevent rice boiling over,** add a small lump of butter to the pot.

To **keep rice free from weevils,** add a few teaspoonsful of salt to the tin in which it is stored.

SALADS

To **cut tomatoes for a salad** cut them in vertical slices — they lose less juice.

To **prepare French Salad ahead of time:** It will stay crisp if the dressing is first put into the bowl. Then fill the bottom of the bowl with tomato wedges to marinate in the dressing and leave the leafy greens above the level of the dressing.

To **keep salads crisp,** place a saucer upside down in the bottom of a salad bowl, before filling. Any surplus water will drain off under the saucer.

Interesting **salad garnish:** Run the vegetable peeler down the side of a slab of cheese to get a thin shaving. Roll up the shaving and use as a garnish.

To **give potato salad an added creamy consistency,** add a dash of boiling water to the salad at the end of its preparation.

SALAD BOWLS

To **clean wooden salad bowls:** Never soak in water. After each use, rinse quickly in clear luke warm soapy water, then cold water. Wipe dry with a clean cloth and store in a cool, dry place.

To **maintain the wood** of a salad bowl rub with a little oil before putting away.

Before using a wooden salad bowl rub over with a clove of garlic.

SALT

To stop salt from clogging:

(b) Mix 1 teaspoon maizena to every 6 teaspoons of salt.

(a) Place a few grains of rice in the salt shaker.

To remove excess salt from food. Place a potato in the soup or casserole. This absorbs the salt.

To keep salt dry, place a piece of blotting paper under the salt in its container.

SANDWICHES

To make a **Sandwich Roll,** cut the entire crust from a sandwich loaf the day before. Wrap it in a damp cloth and keep in a cool place. The bread will then roll up quite easily.

A **little lemon juice** worked **into the butter,** before making savouries or spreading sandwiches brings out the flavour of the fillings, especially when fish is used.

To **prevent sandwiches from going soggy,** make a meat sandwich with two slices of meat and spread the relish or mayonnaise between them, not on the bread.

To **prepare sandwiches the night before,** wrap them in lightweight foil, and they will remain fresh as newly prepared sandwiches.

To **keep sandwiches fresh,** wet a cloth or paper towel in water, wring out well and cover sandwiches.

SARDINES

To **camouflage the oiliness** of sardines add a little lemon juice.

SINKS

To **keep sink pipes free from grease,** pour a handful of salt down, each night after washing up.

To **prevent waste pipes from clogging** with grease, pour a solution of caustic soda and boiling water slowly down the pipe, every few months.

To **clear a blocked sink pipe:**

(a) Pour two teaspoonfuls of bicarbonate of soda into the outlet and on to this 1 tablespoonful of vinegar. Place the plug in the outlet and leave for an hour. Then pour a kettle of boiling water down the sink.

(b) Place a lump of washing soda over the plughole and pour a cup of vinegar on to it.

SOUP

To **rectify over-salty soup or stews:**

(a) Add whole peeled potato and simmer with soup for 15 minutes. This absorbs the salt and can then be discarded.

(b) Add a teaspoon of sugar.

To **counteract the acid in Tomato soup** and prevent it from curdling, add a pinch of bicarbonate of soda. This also produces a creamy froth on the surface of the soup.

To **retain the full flavour of soup,** keep it simmering, never let it boil.

When **freezing soup,** use an ice cube tray. When the food is frozen solid, transfer cubes to a plastic bag and store in the freezer. It is then easy to remove the right amount of cubes for one or two servings.

To **remove excess fat from soup,** gently stir the surface of the soup with an ice cube wrapped in a clean cloth. The fat will congeal on the cold surface and can be lifted out.

To **keep soup fresh,** add a pinch of bicarbonate of soda to every quart before storing in the fridge.

To **prevent soup going sour,** never cover the pot with a lid until it is completely cooled.

To **save burnt soup,** immediately empty it into a clean saucepan, add a teaspoonful of finely chopped mint or 1 teaspoon of bicarbonate of soda when it is boiling.

For a **really clear meat soup,** boil 2 egg shells with the soup and it will never look milky.

SPAGHETTI

When **cooking spaghetti,** noodles or macaroni, add a tablespon of cooking oil to the water. The oil keeps the water from overflowing and prevents the pasta from sticking together.

To **fit long spaghetti into the pan without breaking it,** try this: as soon as the water boils vigorously, grasp one end of a handful of spaghetti and immerse the other end in the water. As the hot water softens the spaghetti, lower it gradually into the pan until the last stiff length can be dropped in and covered by the water.

STEEL WOOL

To **prevent Steel Wool from rusting,** store it in a tin or jar with a little water and soap scraps. Not only is the steel wool ready soaped for use, but it is also a good way of using all the small pieces of soap.

STOVES

To **give a coal stove a brilliant shine,** polish with 1 teaspoon of pulverised alum mixed with stove polish.

SUGAR

To **soften sugar which has hardened,** place a whole lemon in the tin with the sugar. It will soften in a few hours.

To **store brown sugar** so that it does not become hard: Store in a tightly covered jar or canister with a slice of fresh bread. Occasionally replace the bread with a fresh slice. Even sugar that has hardened will soften in a few days.

To **use brick-hard brown sugar,** convert into syrup. Place the sugar in a double boiler. Barely moisten with water and heat until it dissolves. Add a few drops of both vanilla and maple flavouring.

Brown sugar and dried fruit benefit from being stored together. Keep them in a tightly covered container; the sugar will stay soft and the fruit absorbs a delicious brown sugar flavour.

To **have sugar handy,** especially when only a little is needed. Keep sugar in a large salt shaker. Using the shaker avoids opening a large canister and using a spoon. This is also useful at children's breakfast table to help avoid spills.

TO SAVE SUGAR:

(a) When making a fruit cake mix a tablespoon of apricot jam, chopped fine with the dry ingredients.

(b) When stewing acid fruits use ¼ teaspoon bicarbonate of soda to 1 lb. fruit. This will save about ⅓ of the sugar.

SYRUP

To **measure a spoonful of golden syrup,** dip the spoon in boiling water first.

To **get the last bit of syrup out of the tin,** heat the tin and the syrup will pour out.

Syrup can be used in place of sugar in puddings and stewed fruit.

TEA

To **make strong tea** add a pinch of bicarbonate of soda to the tea.

To **double the strength of tea leaves:** When you open the packet of tea, spread it out on clean paper and place it in a warm oven for about 30 minutes.

To **improve the flavour of a cheap brand of tea,** add a small square of fresh orange peel to the tea in the teapot and leave to brew.

To **prevent mustiness in metal tea pots,** dry the inside of tea pot with a cloth, then put a lump of sugar inside. It will soak up the remaining moisture and prevent the pot from becoming musty.

Cold tea makes an excellent plant fertilizer.

Pour boiling water over **used tea leaves** and leave for an hour in a bottle. This liquid can be used to clean mirrors, windows, glasses, varnished doors, furniture, linoleum, muddy black suede shoes, black and navy skirts.

Old tea leaves mixed with a little coarse salt is excellent for getting the dirt out of carpets.

To **catch drips from tea or coffee pot,** slit the centre of a paper coaster mat and slip it over the spout of the pot.

A **cracked teapot can be used to hold a ball of string.** Put the ball of string in the tea pot and let the end come out of the spout.

TIN OPENER

To **prevent a tin opener from slipping** when trying to open a tin, dip it in hot water for a few minutes.

TIN WARE

To **prevent new tin ware from becoming rusty,** rub over with vegetable fat, and bake it in a hot oven.

To **remove stains from tin,** use a solution of borax and water.

TOAST

If **toast burns, never scrape with a knife.** Rub the two slices together and the badly burnt part will hardly be noticeable.

To **prevent toast from becoming soggy** when used as a base for poached egg, use a pierced pancake turner to remove egg from water and let drain thoroughly.

To **prepare quick toast timbales.** Press squares of fresh bread into muffin pans and toast. The corners will turn up.

TOMATOES

To **skin tomatoes:**

(a) Cover with boiling water and leave for 3 minutes before draining.

(b) Spear a tomato down the 'core' with a skewer or knitting needle and hold over a candle flame for a few seconds.

(c) Place a fork through the stem and plunge into, first boiling water, then cold water.

Tomato Soup — See Soup.

To **firm soft tomatoes,** place then in a strong salt solution.

To **slice tomatoes thinly:** Chill first, then cut with a saw edged knife.

To **keep tomatoes whole when frying:**

(a) Cut fairly thick slices, dip in milk, then fry.

(b) Dip them in seasoned flour before frying.

VEGETABLES

To **keep vegetables fresh,** place in a damp hessian bag. Moisten the bag slightly every day.

To **keep parsley, mint and watercress fresh:** wash thoroughly, shake off excess water, place in a glass jar, cover and place in the fridge.

Wrap vegetables in wax paper when storing in the refrigerator — they **will last longer.**

To **freshen** withered parsnips, carrots, potatoes, cabbage, lettuce, stand in very cold salted water.

Leafy green vegetables kept on a wire rack will wilt quickly.

To **restore sweetness to old vegetables** add a little sugar to the water while cooking.

To **reduce mess when peeling vegetables:** Save paper bags and always have one handy when peeling or scraping vegetables, or doing any kitchen job which means scraps to throw away. Drop all peelings and pieces straight into the bags for easy disposal.

Cauliflowers, lettuces and other vegetables may be cleaned easily of insects if they are placed in water to which a little vinegar has been added.

To **remove grit from spinach,** wash in hot water.

Do not throw away vegetable tops. Use turnips, beetroots and carrot tops to add flavour to any soup. They are rich in natural vitamins too.

To **brighten the flavour** of frozen peas, carrots, string beans, broccoli and cauliflower, drop a piece of lemon rind into the cooking water.

To **retain the colour of green vegetables:**

(a) Add some borax or bicarbonate of soda to the water.

(c) Cook in an uncovered saucepan.

(d) Add a teaspoon of sugar to the cooking water.

To **keep peas green,** boil a couple of pea-pods with the peas.

To **prevent split peas from sinking** to the bottom of the saucepan, when boiling, add a slice of bread.

When **cooking cabbage,** boil two large sprigs of mint with it. It improves the flavour and colour.

To **keep cauliflowers white while cooking:**

(a) Use ½ milk and ½ water and cook without covering until just tender.

(b) Add a thin slice of lemon to the water while cooking.

(c) Add a teaspoon of vinegar to the water.

To **make celery curls,** cut stalks lengthwise into thin strips to within 1" of end and place in iced water.

For **delicious crisp celery** stand it in cold water to which one teaspoonful of sugar per quart has been added.

Save time when slicing such foods as rhubarb and celery by lying half a dozen stalks on a board and cutting through them all together.

The **water in which greens are boiled will not boil over,** if a small piece of fat is added to the water.

To **cook a variety of vegetables together in one pot,** wrap the different vegetables in heavyweight aluminium foil.

WASHING UP DISHES

To **halve the labour of washing up** dishes, pots and pans, add a tablespoonful of ammonia to the water. This floats away the grease.

WATER-MELON

A water-melon will **keep fresh** for days if a sheet of waxed paper is smoothed over the cut end of the melon. Stand the melon upright in the refrigerator.

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Knitting and Sewing

DRESS HEMS

To **remove the line in a dress hem** just lengthened, apply salt with a damp cloth.

DRESSMAKING

To **prevent a paper pattern from sliding** on flimsy material :

(a) Iron the rough side of the pattern on to the material — using a warm iron.

(b) **Stick** the pattern to the material with sticky-tape, instead of using pins. It lies flatter and you can cut through the tape.

To **remove shiny marks from a skirt that has been lengthened:**

(a) Rub the shiny part with another portion of the skirt.

(b) Brush the shine lightly with a mixture of equal quantities of methylated spirits, and water with a few drops of ammonia.

(c) Rub with a damp cloth which has been dipped in salt.

Before hemming a skirt that has been cut on the cross, allow it to drop by hanging it for a few days, before finishing the hem.

To **strengthen seams that keep fraying,** paint with colourless nail polish.

When cutting georgette or voile frocks or garments made from these materials — dip the scissors in boiling water first and the hot steel will cut a straight line.

To prevent **machine needles** from breaking when stitching on heavy material, rub soap along the stitching line.

To prevent **plastic material from tearing** when sewing, rub the seams that are to be stitched with white chalk.

FELT WORK

Pipe cleaners can be used as stems of flowers on **felt work** as they dye easily.

KNITTING

When **joining a knitted garment** with a flat seam, work with the right side of the work uppermost and lace the edges together by taking the needle through one side at a time — from back to front.

To **see in which row one has increased or decreased on a garment,** use a bright contrasting wool and thread through the fourth stitch of each increased or decreased row. This is easily removed afterwards.

To **lengthen a knitted garment from the cast-on end:** Pull the loop of a purl stitch from the middle row, on the wrong side, just above the casting on. Draw the loop until the garment is all puckered up, then cut the ends of the loop near the garment. Straighten out the garment carefully and the cast-on edge will fall away. Pick up the loops and knit the extra length.

To **make a neat button hole:** Cast on 2 more stitches than you cast off. On the next row knit 2 together at each corner of the button hole.

When knitting:

(a) With white wool: Keep a tin of baby powder handy, when hands get damp rub a little powder on them.

(b) To keep ball of wool clean when knitting, place it in a clean jam jar.

To **re-use knitted wool,** wash immediately after unpicking.

To **wash loose knitting wool:** Wet in tepid water, then wind around milk bottle to dry. It will then wind without trouble.

NEEDLES

To **thread a needle easily,** keep a small bottle of colourless nail varnish in your workbox. Dip the end of the thread into the varnish — it takes a second to dry — and the thread then slips through even the smallest eye.

To **sharpen a sewing machine needle,** stitch it through emery paper or fine sandpaper.

To **thread a needle with wool,** first thread it with a double piece of cotton, pass the wool through the loop formed and pull the cotton back through the needle, thus drawing the wool through the eye.

PINS

To **keep pins from rusting:** When opening a new tin of sewing pins, add a few shakes of talcum powder. Pins will never rust or mark material even if the tin is left open.

SCISSORS

To **sharpen scissors:**

(a) Hold the open blades of scissors against the neck of a small bottle and go through the motions of attempting to cut the head off the bottle.

(b) Make several long slices in a piece of sandpaper.

TRANSFERS

To **remove** from material, wipe with methylated spirits.

To **renew a transfer,** mix together a cake of blue, 1 heaped teaspoon sugar and a teaspoon boiling water. Stir well. Use the eye of a darning needle, constantly dipped in this mixture, to trace over the pattern on the transfer sheet. Allow to dry, iron on pattern in usual manner.

WOOL

To **prevent Angora garments 'furring,'** place them in the refrigerator for a couple of hours before wearing.

When working with Angora wool, to prevent it from fluffing, place it in the refrigerator between knittings. Never knit with the wool in the sun or in front of a fire.

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Menu Translations

À la Diable — Devilled.
À la Meuniere — Dipped in flour, coated in butter. Usually fish.
Al burro — Pasta in butter.
Aloyau — Sirloin of beef.
Ananas — Pineapple.
Antipasto — Hors d'oeuvres.
Aspic — A cold savoury jelly.
Au gratin — Topped with breadcrumbs or grated cheese and quickly browned in the oven or under the grill.
Béarnaise — Rich sauce with herbs.
Bigarde — Made with peel and juice of bitter oranges.
Bisque — Thick shell fish soup.
Blini — Tiny Russian pancakes.
Bouilli — Fresh boiled meat, usually beef.
Bonne femme — Simply cooked (housewife style).
Braise — To cook gently in a covered pot with a minimum amount of liquid, basting or moistening frequently. Meat is seared first.
Café — Coffee.
Canapes — Bread toasted or fried in hot butter with a savoury filling.
Canard — Duck.
Celeri — Celery.
Cerises — Cherries.
Cervelle de veau — Calves brains.
Champignons — Mushrooms.
Chantilly — Whipped cream to which sugar and vanilla have been added.
Chateaubriand — A thick slice of meat through the sirloin and fillet, rather like Porterhouse steak with the bone removed. Can weigh up to $1\frac{3}{4}$ lbs. and is cooked very slowly because of its size.
Choux — Cabbages.
Cocotte — Casserole.
Colbert — French clear soup or sauce.
Compote — Stewed fruit or game.
Consommé — Clear soup.
Coquilles — Meat or fish served in shells.
Crêpes — Pancakes.
Croquettes — Meat or fish cakes.
Croûtons — Small shapes of bread fried crisp. Used as a garnish for soup.
Déjeûner — Luncheon.
Dinde — Hen turkey.
Dindon — Young turkey.
Ecrevisse — Crayfish.
Entrecôte — Sirloin steak.
Entrée — Course of dressed dishes served between fish and meat.
Epaule d'agneau — Shoulder of lamb.
Epinard — Spinach.
Escalope — Thin slices of meat (sometimes pounded flat), very often veal.

Escargots — Snails, generally cooked with garlic and butter.
Faisan — Pheasant.
Farce — Stuffing.
Filet — 'Le filet' is the undercut or fillet of beef.
'Un filet' is a flat piece of meat or fish without bone.
Filet de boeuf — Fillet of beef.
Flambé — In flames — burning alcohol.
Foie de veau — Calves liver.
Fraises — Strawberries.
Fricassée — White stew of fish or poultry in a rich cream and egg sauce.
Frites — Fried.
Gâteaux — Cakes.
Geleé — Jelly.
Gigot de mouton — Leg of mutton.
Glacé — Ice.
Gras double — Tripe.
Gratin — To brown under the grill.
Gulyas — Hungarian stew.
Haricot — Meat stewed with vegetables.
Hors d'oeuvres — Appetisers or small dishes.
Huitre — Oysters.
Jambon aux epinards — Hot ham with spinach.
Jarret — Knuckle.
Julienne — Finely shredded vegetables.
Jus — Gravy.
Kromeskies — Chopped meat fried in butter.
Langouste — Rock lobsters.
Laperaux — Rabbits.
Lapin saute — Stewed rabbit.
Marine — Pickled.
Matelote — Fish stew.
Medaillons — See Tournedos.
Meringue — Crust of frosted egg white and sugar.
Merluche — Smoked haddock.
Meuniere — See A la meuniere.
Mignon (Filet) — See Tournedos.
Minestrone — A thick Italian soup.
Mornay — With a cheese sauce.
Mousse — Light sweet or savoury mould, served hot or cold.
Moussaka — Balkan dish made with ground meat, onions and either potatoes or aubergines.
Nicoise (A la) — A dish containing tomatoes and garlic.
Noisettes — See Tournedos.
Noix — Walnuts.
Nougat — Paste of sugar and almonds.
Oie — Goose.
Pané — Coated with breadcrumbs.
Pâte — Pastry.

Pâté — Meat or fish enclosed in pastry on all sides.
Peche — Peach.
Petit fours — Small pastries decorated with sugar.
Petit pois — Young peas.
Piece de resistance — Principal dish of the meal.
Pintade — Guinea fowl.
Poire — Pears.
Pommes — Apples.
Pommes de terre — Potatoes.
Pommes nouvelles — New potatoes.
Pot au feu — Meat, vegetables and broth cooked together.
Potage parmentier — Potato cream soup.
Poularde a la Reine — Chicken puree with cream.
Poularde au riz — Chicken with boiled rice.
Poulet sauté — Joints of chicken with mushrooms.
Purée — Thick sieved pulp.
Ragout — Rich stew or hash often served in a pastry case as an entree.
Raisin — Grapes.
Ris de veau a la Jardiniere — Sweet-breads garnished with vegetables.
Rôgnons — Kidneys.
Salmis — Rich brown stew of game.
Sauté — Tossed in butter and cooked rapidly.
Scallion — Spring onion.
Soubise — Puree of onion and rice.
Soufflé — A very light sweet or savoury made with stiffly beaten egg whites. Can be baked or steamed.

SOUPS:

Thick:

Velouté is very thick creamy soup with added egg yolk.
Purée has starchy vegetables as a base.
Creme is a creamy type based on Bechamel sauce.

Clear:

Potage is unthickened soup containing meat, vegetables, etc.
Consommé is clear broth.
Soup au lait — Milk soup thickened with potatoes.
Soupe a l'oingnon — Onion soup.
Tartare — Mayonnaise sauce as a base.
Tête de veau — Calves head.
Timbale — Any preparation served in a pie crust.
Tomates — Tomatoes.
Tournedos — Slices of fillet beef weighing 3½ oz. Medaillons, Noisettes, Mignonettes are the same.
Truite — Trout.
Vol-au-vent — Light pastry with meat or mushrooms.

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Miscellaneous

ACID BURNS. Wash off the acid at once with a solution of bicarbonate of soda and water (1 teaspoon to a glass).

Strong disinfectant or carbolic burns must be washed with methylated spirits.

ADHESIVE PLASTER

To **remove adhesive plaster from any part of the body:**

(a) Rub a little butter over it and pull.

(b) Use ether.

To **remove adhesive-tape marks with speed and ease:**

(a) Use nail polish remover.

(b) Rub marks with eucalyptus oil.

ARTIFICIAL CLOTH FLOWERS

To **freshen artificial cloth flowers,** hold them over the steam from a boiling kettle, pinch into shape. Allow to dry and then trim off rough edges with a scissors.

ASTRINGENT

To **avoid wasting astringent:** Never apply with dry cotton wool. Dampen the cotton wool with water first, squeeze out, then sprinkle astringent on it.

BABIES

To prevent a baby's clothing and bedding **from getting wet** at night, cut a triangle of Doctor's Flannel and put it over the napkin.

To **prevent a baby slipping in the bath,** wrap the baby in a napkin and lower it into the water. Leave the napkin under baby while washing.

BALLPOINT PENS

To **lengthen the life** of a ballpoint pen which has almost run dry, hold the point over a candle flame.

BEADS

To **thread beads or pearls,** use dental floss and pass the end through a bit of wax to stiffen.

To **make a bead needle,** dip the end of the thread in nail varnish and allow to dry.

BICYCLE TYRES

To **prevent tyres from cracking** when the machine is not in use, occasionally rub the tyres over with a damp cloth.

BIRDS

To **keep insects away from a bird cage,** hang a small bag of sulphur on the cage.

BLEEDING NOSE

To **stop a bleeding nose:**

(a) Apply ice cubes to the bridge of the nose.

(b) Block nostril with cotton wool and apply pressure.

BOOKS

To **remove grease stains from the pages** of a book, place a clean piece of blotting paper over the spot and iron with a warm iron.

To **remove ink stains from paper:**

(a) Apply a mixture of salt and water (1 part salt to 6 parts water). Dry with clean white blotting paper and a warm, not hot, iron.

(b) Apply a little **Milton** and allow to dry.

To **keep leather-bound books in good condition,** polish them occasionally with colourless shoe cream.

BOOKMARKS

An **excellent bookmark** can be made by cutting off the corner of an old envelope and slipping this over the corner of the page. (Useful for marking recipes in a cook-book).

BRUISES

To **ease bruises:**

(a) Smear with butter.
(b) Apply ice immediately.

BRUSHES

To **wash wooden brushes:** Rub a little vaseline thoroughly into the wood before washing the brush; after drying, polish with a dry duster. This prevents the wood from cracking.

To **clean household brooms and brushes,** add half a cup of household ammonia to every gallon of water and soak the bristles in this solution for half an hour. Rinse well.

To **lengthen the life of brooms and brushes,** soak them in salt water overnight and allow to dry before using. This 'sets' the bristles.

BURNS

To **ease burns:**

(a) Apply a paste of bicarbonate of soda on cotton wool and allow to dry.
(b) Paint with the white of an egg.
(c) Apply eucalyptus oil.
(d) Apply ice immediately.
(e) Apply vanilla essence.

To **give relief from pain** caused by burns, and draw out the 'heat,' apply scraped raw potato.

BUTTONS

When **big ornamental buttons on frocks break off,** especially the plastic ones which have a shank at the back, glue the one half of a press-stud on to the button and sew the other half where the button should go. Your button can be used again, and is easily removed when laundering the frock.

Buttons stay on shirts longer if you coat the centre of each with colourless nail polish. It seals the thread.

When sewing buttons on children's clothes, use shirring elastic instead of cotton. They will stand much more strain.

CAMERAS

To **protect cameras** and exposed spools from sand and sun, wrap in foil.

CANVAS

To curb rot and mildew during **storing of awnings,** during winter, sprinkle them with tobacco clippings or coarse salt, as you roll them up. This absorbs condensed moisture.

CELLULOID

To **repair broken celluloid toys,** apply ether. This will soften the celluloid which will join and harden.

CHEWING GUM

To **remove chewing gum from fabrics,** rub the gum with a piece of ice, this will harden it and it will lift off easily. Remove the remaining stain with carbon tetrachloride or eucalyptus oil.

To **remove chewing gum from washable fabrics,** soften the gum with egg white, then wash as usual.

CORAL

To **polish coral,** rub with tissue paper.

To **clean dirty coral,** boil in soapy water containing a little bicarbonate of soda; dry and polish with a chamois leather.

COUGH

To **stop an irritating cough,** take sips of hot water. It eases the throat quicker than cold water.

For a **child's night cough,** if you have no cough syrup in the house:

(a) Warm a mug of milk and stir in 1 teaspoon butter. This will usually stop the dry tickling that causes the cough.

(b) Mix honey and lemon juice. This loosens the cough.

'CRADLE CAP'

To **remove scurf from baby's scalp,** wash well and dry thoroughly. Rub a little Vaseline or liquid paraffin gently into the roots and leave for 24 hours. Wash again and remove.

CROCHET WORK

To keep **white crochet work white,** soak it in milk the first time it is washed.

DIAMOND RINGS

To **clean diamond rings:**

(a) Use a small brush dipped in surgical spirits. Give a final polish with chamois leather.

(b) Use warm soapy water to which a tablespoon of ammonia has been added.

(c) Use methylated spirits in a little warm water.

DOCUMENTS

Important papers that folding and creasing might damage — such as documents, blueprints, contracts and plans — can be stored in cardboard cylinders. The rollers are easily obtained from used-up rolls of waxed paper and aluminium foil.

DOGS

To **clean a dog that moults,** it is a good idea to vacuum his coat frequently.

To **prevent a dog's dish from sliding about,** glue a rubber jar ring to the bottom of the dish.

EYES

To **remove grit in the eyes,** use a spot of castor oil.

To **keep animals' eyes clear,** sponge with a solution of boracic powder in warm water.

FEET

To **prevent feet perspiring:**

(a) Wash feet in hot water to which a little powdered alum has been added.

(b) Dust the feet with a powder made up of equal parts of zinc oxide and powdered starch.

To **toughen feet when walking long distances,** rub with methylated spirits and dust with talc powder.

To **relieve tired, sore feet:**

(a) Soak in hot water containing a tablespoonful of washing soda. Dry well and rub boracic powder well into feet.

(b) Soak for 10 minutes in hot water with 2 or 3 tablespoons of vinegar.

FINGER NAILS

Split Nails:

(a) Split nails sometimes appear when there is a lack of Vitamin A in your diet, so eat plenty of foods rich in this vitamin.

(b) When filing your nails, use an emery board and file in one direction only.

(c) Take two teaspoons of gelatine in a glass of orange juice daily. Continue the gelatine treatment for at least six weeks before you can expect to see any improvement in your nails.

(d) White Iodine brushed on finger nails will stop them from breaking.

Finger Nail Polish. To keep the **tops fitting properly,** the bottles easier to open and the contents from evaporating, wipe nail polish bottles with a little remover before closing.

FIRE EXTINGUISHER

A **useful fire extinguisher** to have in the kitchen is a bottle filled with water, in which as much salt as possible has been dissolved.

FOUNTAIN PENS

To **clean fountain pens,** unscrew all parts and soak them in lemon juice or vinegar, for half and hour. Rinse in warm water. Dry well before putting together.

GLUE

Hardened glue can be made usable by the

(a) Addition of a little glycerine and warm water.

(b) Addition of a little vinegar.

When **spreading glue over a large surface,** a cork is most effective.

To **prevent the cork of a glue pot from sticking,** rub with a little petroleum jelly before inserting into the pot.

To **make bulk glue for scrapbooks:**

(a) Mix starch with sufficient cold water to make a smooth paste. Add boiling water until the mixture is clear and jelly like.

(b) Mix flour with sufficient cold water to make a paste.

GRAMOPHONE RECORDS

Warped gramophone records can be flattened by placing them between two plates of glass and leaving them in the sun until flat again. Cool them while still between the plates.

HAIR

To **keep your hair dry when swimming,** cut a 3" strap of chamois leather and wear it like a bandeau, pinned or tied under your cap.

When **drying hair,** brush it in the sun. This leaves it soft and glossy.

For **thin, lanky hair** use Brewer's Yeast in the final rinsing water.

Blonde hair acquires a bright lustre when lemon juice is added to the last rinsing water, ensuring that all traces of soap are removed.

To **hide grey hairs at the temples,** brush lightly with mascara. This comes in several shades to tone with the hair.

To **brush loose hairs of animals** from cushions, use a pad of velvet.

HAIR BRUSHES

To **stiffen the bristles** of an old hair brush, place a little alum in the rinsing water.

To rapidly **dissolve the dirt and grease when washing** hair brushes, add a teaspoonful of household ammonia to warm water. Shake the brush in it a few times. Rinse in clear, cold water. Allow to dry.

To **harden a nylon brush,** wash it well and place it in the sun. It will harden again when it is dry.

HANDS

To **keep hands soft in winter** use a mixture of equal parts glycerine and ammonia.

To **keep hands soft** rub the following mixture into the hands: 1 teaspoon sugar, 1 teaspoon lemon juice, a few drops olive oil.

To **remove stains from hands,** apply a solution of equal parts of lemon juice, hydrogen peroxide and glycerine.

To **clean hands badly stained from gardening,** add a teaspoon of sugar to the soapy lather you wash them in.

To clean chapped hands that have collected a lot of dirt: Make up a paste of 2 oz. glycerine, 2 oz. green soft soap, ½ fl. oz. turpentine oil. Melt glycerine and soap in a double boiler. When smooth remove from heat and mix in the turpentine Rub this well into dry hands, leave for a few minutes then wash.

To **remove polish from hands:** Rub a good soap into the hands until the lather dries. The polish will wash off easily when washing hands afterwards.

HANGERS

Belt hanger: Make a hanger for your belts by screwing some small hooks to the underside of a wooden hanger and hang the belts by the buckles.

HAY FEVER

A little vaseline put into the nostrils as soon as an attack occurs, **stops sneezing.**

HICCOUGHS

To **cure:**

(a) Press the thumb of the right hand in the palm of the left and hold breath.
(b) Swallow a pinch of salt and one teaspoon of vinegar.
(c) Take a spoonful of brown sugar dipped in vinegar.
(d) Eat some honey.

HOT WATER BOTTLES

To **preserve the rubber** of hot water bottles, put a few drops of glycerine into the new hot water bottle.

To **prevent hot water bottles** from becoming **hard,** rinse bottles occasionally with cold water and a little ammonia.

When **storing hot water bottles,** hang upside down with the stopper off.

INSECT BITES AND STINGS

First of all remove the sting with forceps.

To **give rapid relief from irritation of insect bites:**

(a) Apply ammonia.
(b) Apply a compress of bicarbonate and water.
(c) Apply a compress of vinegar and water.
(d) Rub with a piece of cut onion to reduce pain and swelling.
(e) Rub the sting with a "blue" bag, slightly damp.
(f) Apply sweet oil.
(g) A mud pack of earth and water is a good cure.

JEWELLERY

During damp weather a piece of camphor in your jewellery box will **prevent imitation jewellery from tarnishing** and will preserve the lustre of gold and silver.

To **keep jewellery shining,** keep a small piece of white chalk in your jewellery box.

To **polish up gold jewellery,** apply a little rouge powder on a piece of cotton wool, this will give a bright polish to the gold.

To **polish jewellery,** use tooth paste on an old tooth brush.

To **clean soiled jewellery with inlaid stones,** soak in Eau-de-cologne for 5 minutes.

To **clean silver jewellery or chain,** brush with tooth paste on a soft nail brush. Rinse off with warm water.

To **brighten up silver jewellery,** wash it in warm water and borax.

LABELS

To **keep luggage labels legible,** paint a thin coat of nail polish over the writing.

To **prevent medicine bottle labels from becoming smudged** and blurred, apply a thin coal of colourless nail varnish to the label.

To **prevent labels from peeling off tins and jars,** moisten the gum with onion juice instead of water.

MEDICINE

To get children to **take a vile-tasting medicine,** put an ice cube on the tongue for a moment beforehand. This temporarily paralyzes the taste buds.

To **remove a splinter from a child's sensitive finger,** you can partially anaesthetize the skin with an ice cube, before proceeding with surgery.

NAPKINS

To **soften rough napkins,** add a little borax or ammonia to the hot rinsing water.

NAILS

To **prevent plaster cracking when hammering nails** into walls, heat the nails in hot water.

To **prevent the wood splintering** when driving in a nail, first push the nail through a cake of soap.

PAPIER MÂCHÉ

To **clean papier mâché,** wash in warm water, and when quite dry rub over with sweet oil.

PEARLS

To **renew the lustre of pearls,** toss them in a bag of slightly warmed wheat bran.

Cultured peals: Pull the string through a tissue or cotton wool when you take the pears off at night. They are extremely porous and this removes any grease.

PLAYING CARDS

To **clean grubby playing cards:**

(a) Rub them lightly with stale breadcrumbs.
(b) Wipe cards with a cloth wrung out in milk. Dry and polish with warmed talc.

SEA SHELLS

To **pierce sea shells:** Place the shells in a basin and cover with vinegar. Stand for 12 hours, changing the vinegar every 3 hours. Pierce shells with a pin. If the shell is soft enough it requires light pressure to pierce a clean round hole in it. Drop pierced shell into a bowl of fresh water. The dullness given to the shell by the vinegar will disappear after a few days, and the shells will become hard again.

SHAMPOO

When **using liquid shampoo,** pour some into a plastic salt cellar. The shampoo will sprinkle evenly all over your head, and there will be less chance of your dropping the cellar when your hands are wet.

SICK CHILD

Feed a sick-bed child from a muffin tin. The small portions of different foods in the little cups will appear more than larger portions. The pan also helps to avoid spills.

SPECTACLES

To **prevent steam from settling on glasses:**

(a) Rub soap on them and polish till clean.
(b) Polish with Eau-de-cologne.

STAMPS

To **remove the paper backing from stamps**, place them in the freezer. The backing then peels off quite easily.

If a stamp is lacking in sufficient glue:

(a) Rub a damp piece of cotton wool over the gum of an old envelope and transfer to the stamp.
(b) Use a few drops of the white of an egg.

STEP LADDERS

To **prevent step ladders sinking in soft ground,** place a board under the foot of the ladder.

To **prevent a ladder slipping on smooth, hard ground**, place a heavy sand bag across the foot of the ladder.

STRING

When **tying parcels with string,** wet the string first, and it will dry taut.

SUN BURN

To **remove the sting from sun burn,** wet the burn with cold water and apply baking powder or bicarbonate of soda on it thickly. Repeat once more when the powder has stopped fizzing.

SUN TAN LOTION

Put your sun tan lotion or oil into an empty deodorant rollette bottle. Applying it becomes a far **less messy job.**

TAPESTRY

To **clean:**

(a) First brush with a stiff brush. Then make a lather of soap and hot water. Dip a rough surfaced towel in it, wring nearly dry and wipe tapestry, repeat till clean.

(b) If you are certain the tapestry is of a good quality, add a little ammonia and soap to the water.

TEETH

To **whiten stained teeth,** brush with a mixture of lemon juice and bicarbonate of soda.

TENNIS RACQUETS

To **tighten the gut strings of a tennis racquet,** rub them with the white of an egg.

TICKS

Never pull a tick off, apply a lighted cigarette end to its back or cotton wool soaked in petrol, and it will fall off by itself. Wash the skin with antiseptic.

TOOTH BRUSH

A **new tooth brush** soaked in hot water before use **will last** twice as long.

TOYS

To **clean toys:** Make a stiff paste of starch and water. Cover the toy thoroughly, allow to dry (2-3 days). Brush off with a stiff brush.

UMBRELLAS

To **repair:** Unfold and apply transparent tape or adhesive plaster, to the tear.

BLACK UMBRELLA COVERS

To **renew black umbrellas** when they fade and look green, sponge them with cold tea. Take a cup of good strong tea, add about ten drops of liquid ammonia, rub the tea and ammonia in well. Dry in the shade.

WARTS

To **remove warts** apply the following mixture: 5 drachms sulphur sub., 2½ drs. acetic acid, 2 oz. glycerine. Paint this on the wart every night. Leave on overnight and wash off every morning. Continue until the warts disappear.

To **remove warts:**

To **remove warts**

(a) Bathe daily in water in which some potatoes have been boiled.
(b) Rub with milk from fig leaves.
(c) Rub with a piece of banana peel several times a day.
(d) Rub with paw-paw whenever convenient.
(e) Cut thin slices of lemon rind and soak in vinegar for 24 hours. Cut pieces to the size of the wart and keep in place with adhesive tape. Renew rind daily.

WATERPROOFING

To **waterproof a tent:** First scrub the tent clean and allow to dry. Mix 1 part sulphate of zinc and 1½ parts of sulphate of iron with 18 parts of linseed oil. Boil solution for 2 hours and when cool add 15 parts of turpentine. Paint this mixture on to the canvas. Leave to dry for a week, then apply a second coat of the solution.

WIGS

To **clean either a wig or hairpiece,** wash it in benzine. As benzine is highly inflammable, this must be done outside, away from flame or intense heat. It must not be washed because the base must never be wet.

To **set the wig or hairpiece,** use a piece of cotton wool, dampened with water, and rub over each section of hair, without allowing any water to reach the base. Then set in rollers as you set your own hair and allow to dry. It is a great help if you have a head block on which to pin it when you are setting it.

WINDSCREEN

To **improve vision through windscreens** during wet weather, wipe a raw potato, cut in half, over the windscreen.

To **clean marks from windscreens,** without scratching the glass, use fine steel wool.

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Quantity Catering

A GENERAL GUIDE TO CATERING FOR FETES, DANCES OR LARGE GATHERINGS.

Soup: 2 gallons is sufficient for 40 people.

Bouchees: 1 lb. flaky pastry makes 50 bouchee cases.
Allow 1 pint thick white sauce.
Allow 6 to 10 oz. prepared filling.

Cheese straws: ½ lb. cheese pastry makes 100 cheese straws.

Sausage rolls: 1½ lbs. pastry and 2 lbs. sausage meat makes 30 medium size and 50 small rolls.

Cold cooked meat for salads: Allow 6 to 7 lbs. per 25 servings.

Cold cooked chicken or turkey: Allow 6 to 7 lbs. per 25 portions.

Potato salad: Allow 3 lbs. potatoes and ½ pint mayonnaise per 25 portions.

Pasta or Rice: For curry and rice: Allow 2 lbs. per 25 portions. 1½ oz. (uncooked) per portion.
For rice served in addition to vegetables: Allow 6 lbs. for 40 portions.

Meat: Braai — 1 lb. meat per person.
Dinner — ½ lb. poultry per person.

Fruit salad: Allow 6 to 6½ lbs. fruit, 3 to 4 pints sugar syrup, 1½ pints cream per 25 portions.

Coffee: 1 lb. coffee serves 48 cups.

Tea: 1 lb. tea serves 200 cups. 1 cup tea leaves is equal to approximately 30 teaspoons tea leaves.

Milk: 1 pint is sufficient for 15 cups of tea or 10 cups of coffee.

Sandwiches: 1 sandwich loaf gives approximately 24 slices.
Allow 6 oz. butter per loaf.
1 lb. butter spreads 2½ loaves of bread.
1 to 2 cups paste or similar filling does 1 loaf of bread.
Allow 4 to 5 sandwiches per person.

Savouries: ½ lb. shortcrust pastry gives 25 to 30 savouries .
½ lb. cheese pastry gives 100 cheese straws or 40 to 50 small savouries.
Allow 4 to 5 savouries per person.

Drinks: 1 bottle holds 25.6 oz.
This gives roughly 17 doubles, i.e. 1½ tots per double.
3 bottles gives 50 drinks.
1 case (12 bottles) gives 200 drinks.

Wine: 1 bottle gives 6 to 8 glasses.

Champagne: 1 bottle gives 6 to 8 glasses.

Gin or Whisky: 1 bottle gives 32 cocktails or 20 drinks with soda, tonic, etc.

Fruit cordial: 1 bottle gives 20 to 25 glasses.
Add 7 pints of water per bottle.

Beer: A pin holds 4½ gallons.
Usually allow 1¾ pints per head.

Sherry: 1 bottle gives 8 to 10 glasses.
Sherry only served, allow 1 bottle for 15 people.
Allow 3 to 4 short drinks or 2 long drinks per person.

PARTY SUGGESTIONS

Buffet for 100 people:

5 trays snacks.
10 plates chopped herring or liver.
10 dozen Kichlech.
4 roast chickens.
1 large turkey.
4 ox tongues.
1 large pickled brisket.
2 small bowls mixed vegetable salad.
2 small bowls cabbage salad.
2 small bowls carrot salad.
2 bowls baked beans.
3 bowls potato salad.
8 bowls jelly or pudding.
2 lbs. coffee.
6 pints milk.
1 lb. sugar.
8 to 10 dozen cocktail rolls.

Braaivleis for 40 people:

5 to 6 plates hors d'oeuvres.
12 lbs. chops.
12 lbs. steak.
12 lbs. boerewors.
6 large bowls assorted salads:
mixed vegetables,
cabbage,
carrot,
baked beans,
2 potato salads.
4 bowls fruit salad and assorted puddings.
Coffee — 1 lb. or 8 oz. coffee essence.
Milk — 3 pints.
3½ dozen cocktail rolls.

Tea party for 100 people:

Tea — ½ lb. tea serves 100 cups.
Milk — 6 pints milk serve 100 cups.
5 cakes or tarts.
3 large plates of biscuits or small cakes.
2 trays of scones.
6 large platters of snacks or sandwiches.

Stains

ACID STAINS

Rinse stain immediately.

Soak in warm water with a little washing soda or ammonia.

For **articles that cannot be soaked.** Wipe with warm water then sprinkle with bicarbonate of soda or baking powder, until all fizzling has stopped.

ALKALI STAINS, e.g. Oven Cleaners

Rinse immediately with water.

On **coloured materials,** treat with a weak acid, such as vinegar, then rinse.

ALCOHOL STAINS

On **white nylon fur.** Although the fur may be washable the lining may not be, so it will have to be dry-shampooed.

Prepare a hand hot solution of mild detergent or soap flakes and whisk to a rich lather. Lay the garment flat and moisten a soft brush or sponge in the surface lather, and gently scrub the fur only. Clean a small area at a time, and do not allow the moisture to penetrate the backing. Rinse by repeating the process with a clean sponge wrung out in clear lukewarm water.

BALL POINT, COPYING AND INDELIBLE PENCIL

Apply a little acetone, the marks will disappear completely. (Not for Rayon).

Sponge with methylated spirits. Test fabric first.

Rub with methyl alcohol. This may take time but it dissolves the ink.

Sponge with Eau de Cologne.

On **white materials only,** dab with a bleach or peroxide and put in the sun, repeat if necessary.

To **remove from plastic,** mix one part vinegar to two parts water, rub the marks with care, try not to use too much of the mixture each time.

BEER

Wash in lukewarm water.

Wash fabric in a little water containing two teaspoonfuls of borax.

Rub with a mixture of equal parts of water and methylated spirits, then iron the material.

BEETROOT

Sprinkle salt on to the stain immediately. It then washes out easily in warm water.

Sprinkle with borax and then pour boiling water over it. Repeat if necessary.

On **a plastic table cloth,** try a non-starchy paste cleaner but be careful, because this may impair the finish.

BLOOD STAINS

Soak article for one hour in cold water then wash in cool soapy water.

Soak immediately in cold salt water (1 teaspoon to 1 pint) for 1-2 hours, then wash in cool soapy water.

Wet the article with cold water, rub well with a red carbolic soap, then rinse in cold water. Repeat if necessary.

Old blood stains can be removed by using a solution of 1 ounce of ammonia to 1 gallon of water.

Sponge with peroxide.
Rub a little pepsin powder into stain and leave for 10 minutes. Soak in cold water and rub gently.
Heavy or new material: Make a paste of raw starch and warm water. Spread on the stain and as fast as the starch discolours, make a new application.
Silk or Wool: Rayon and Celanese: Treat with cold water and hydrogen peroxide.
Cotton and Linen: Treat with ammonia or hydrogen peroxide, or corn starch.

BRILLIANTINE

Use a solution of 3 oz. carbon tetrachloride, ½ oz. ether, ½ oz. amyl acetate.
On wall paper, use plain ether.

BUTTER

Rub with a cloth soaked in Trichlorethylene.

CANDLE GREASE

Scrape off gently, then sponge with benzine.
Iron with a moderately hot iron over a piece of blotting paper, repeat if necessary.
Floors: Do not scrape, pour on boiling water and wipe off.
To remove wax from wood rub with lighter petrol or benzine on a soft cloth.

CARBON PAPER

Use carbon bisulphide — wash hands well afterwards.

CHALK

LIME — Wash stain with vinegar.

CHEWING GUM

Apply soapy water and sponge with carbon tetrachloride.

CHOCOLATE

Scrape off. Wash in hot water.
If stain is still visible, use diluted hydrogen peroxide (solution of 1 part 20 volumes peroxide to 4 parts cold water). Soak for not more than half an hour if fabric is coloured. First test the hem or piece of side seam for colour fastness.
White fabrics may be soaked overnight in the above solution.
Non-washable fabrics; scrape, then sponge with carbon tetrachloride.

COCOA

Wet with cold water and rinse, then pour boiling water through.
Rub in borax powder and leave for a few hours.
Sponge with warm water to which a little ammonia has been added.
Apply a solution of potassium permanganate.
On **rayon or celanese,** use Javel water.
On **silk and wool,** soak in cold water and apply borax as above.
On **cotton and linen** apply borax and pour boiling water through.

COCHINEAL

Apply hot water.

COD LIVER OIL

Put the soiled garment over a soup plate and spread on to the stain some carbon tetrachloride. Rub well with a small sponge. Wash in warm soapy water.

COFFEE

On washable fabric, sponge as quickly as possible with boiling water, but this is unsuitable for wool or delicate materials.

Rub in glycerine and then wash in diluted solution of ammonia in water.

Fresh stain: Sponge with a warm solution of borax (½ oz. borax to ½ pint water), rinse well.

Obstinate stains should be soaked in the above solution.

If there was milk and sugar in the coffee, treatment should be preceded by washing in cold water.

All Courtelle fabric can be treated with bleach, applied gently and rinsed off as soon as stain is removed.

Silk and Wool — See COCOA.

Rayon and Celanese — See COCOA.

Cotton and Linen — See COCOA.

COPYING INK

Dab with methylated spirits.

CREOSOTE

Rub with cloth soaked in benzine.

EGG STAINS

Soak in cold water before washing in the usual way.

Rinse in water in which a little borax has been added.

To remove **egg yolk** apply soapy water and then carbon tetrachloride.

To remove **old stain** apply pepsin powder and pour water through. (Cold water on rayons, silk and wool, and boiling water on cotton and linens).

To remove **egg white, rinse in cold water.** Hot water fixes the stain.

For obstinate egg white stains rub with a cloth dipped in a solution of 1 teaspoon salt to 1 pint warm water, wash off immediately.

To **remove egg stains easily from crockery,** rinse plates in cold water before washing. Hot water sets the stain.

On **silver,** apply salt that has been dampened with water.

FACE POWDER

Brush lightly then use grease solvent.

FAT

Fat splashes on light coloured clothing can be removed more easily by covering immediately with flour or baby powder and brushing off after a few hours.

FRUIT

Do not use soap on fruit stains as the soap will re-act upon the tannic acid contained in the fruit. Wash promptly in cold water.

Old stain on linen. Rub glycerine on it and allow to stand for an hour, pour boiling water through.

Soak for a few minutes in a warm solution of ½ oz. borax to ½ pint water and rinse well.

Sprinkle stain with salt then moisten with lemon juice.

Dark fruit stains on **white linen** or cotton, treat with boiling water and if traces remain, bleach in sunlight or dab with diluted hydrogen peroxide.

Coloured fabrics:

(a) Dab with glycerine, leave for several hours, wash with warm soapy water containing a little ammonia.

(b) Apply powdered starch, allow to stand and brush off and wash as usual.

Light fruit stains, wash in cold water then cover with salt, leave for a few minutes and wash as usual.

Old fruit stains must be rubbed on both sides with yellow soap, then lay on a mixture of starch and cold water very thickly. Rub it in well and expose article to the sun.

Fruit stains usually take the colour out of silk, but a little ammonia applied to the marks will help to restore it.

Fruit stains on nylon:

(a) Usually wash out in hand hot detergent lather. Sprinkle with salt.

(b) Moisten stain with lemon juice and expose to sun.

(c) Javel will remove fresh fruit stains. (Test fabric first).

(d) Stains on **white fabric,** rub with a slice of lemon dipped in salt before washing.

Cherry, Pear, Peach or Plum on any fabric, wash with cold water and treat with glycerine. Work in a little glycerine and leave for several hours, moisten with a few drops of white vinegar, leave for two minutes, sponge with warm water.

Other **fruit stains on linen or cotton,** treat with boiling water and if traces remain, bleach in sunlight or with diluted hydrogen peroxide.

Any **light fruit stain** should come out if moistened with cold water, covered with salt and left for a few minutes, then wash with soap and water.

Mulberry stains:

(a) Can be removed if rubbed with a piece of lemon and then washed in soap and water.

(b) Hold stained area over a steaming kettle. Apply warm glycerine (120°F). Brush to loosen the stain. Add a soapless shampoo. Rinse. Apply a 10% acetate acid solution (obtain from the chemist). Rinse and then launder in the usual way.

To **remove from fingers** rub with the juice of green mulberries immediately.

GLUE STAINS

This is usually soluble in hot water. Test material first.

GRASS

Apply a mixture of equal parts of glycerine and egg white. Allow this to remain on the stain for 2 to 3 hours, then wash the garment in the usual way.

Soak in cold water, then cover with cream of tartar, and dry in the sun. Rinse in cold water. Repeat if necessary.

Fairly tough fabrics may be sponged with methylated or surgical spirits, to which a little ammonia has been added, then use detergent or hot water.

Rayons and coloured nylon:

(a) Dilute methylated spirits 50 : 50 with water.

(b) Always test rayon fabrics first.

If **cotton or linen fabrics** are colour fast, stains may be bleached.

Dab **White Terylene** with diluted hydrogen peroxide.

Delicate fabrics: Rub with glycerine. Wait an hour, wash in warm suds.

GREASE — e.g. Lubrication Oil, Butter, Hair Oil, Etc. — To remove from:

Normal fabric:

Apply carbon tetrachloride with a clean soft cloth. Work with a "lifting" movement in a circle towards the centre of the mark — or apply other grease or oil solvents:

(a) Salt and ammonia.
(b) Ammonia.
(c) Benzine.

White material:

(a) Rub vigorously with a cloth soaked in ammonia.
(b) Apply talcum powder or French Chalk to absorb the grease. Brush off and repeat if necessary.
(c) Absorb the grease with a paste made of Fuller's Earth and cold water. Allow to dry and brush off.

Delicate fabrics: Dab the spot with cotton wool saturated in eucalyptus oil. Wipe off with a soft dry cloth.

Silk:

(a) Sprinkle French Chalk on the wrong side. Stand for a while, shake off and press on wrong side with a warm iron.
(b) Use petrol, acetone or carbon tetrachloride.

Rayon: Remove stains with carbon tetrachloride only.

Woollens: Sponge with eucalyptus oil, working inwards towards the centre of the stain. Hang in open air until the oil has been absorbed. Wash as usual.

Suits and Raincoats: Wipe marks with eucalyptus oil.

Coat collars:

(a) Rub with a cloth dipped in ammonia.
(b) Rub with a soft cloth dipped in a mixture of grated raw potato and a little water.

Felt hats: Rub with steel wool.

Carpets:

(a) Wipe off as much as possible. Wipe with eucalyptus oil or dilute ammonia. Work towards the centre.
(b) Place blotting paper over the stain and pass a warm iron over it. Repeat with a clean blotting paper until mark is absorbed.

Fly screens, etc., wipe with a cloth dipped in carbon tetrachloride.

Wallpaper, dab with cotton wool soaked in carbon tetrachloride.

HANDS

Lemons that have been squeezed for flavouring and puddings, can still be used to remove stains on hands.

HENNA

To **remove from cloth** apply a dilution of hydrochloric acid, followed by hot water.

To **remove from skin** apply a solution of Sodium Hypochloride.

ICE CREAM

Sponge immediately with warm water.

Sponge with carbon tetrachloride then wash as usual.

INDELIBLE PENCIL MARKS

To **remove indelible pencil marks from fabric,** sponge with methylated spirits to which a few drops of ammonia have been added.

Rub with a little Eau-de-cologne.

Rub with a small amount of citric acid dissolved in water.

To remove from skin use methylated spirits.

INK STAINS

Wash immediately.

Ordinary:

(a) Rub with a slice of lemon before soaking in milk for 2 to 3 minutes.

(b) **This applies to white material only.** Dab spot with Milton or hydrogen peroxide and bleach in the sun. Repeat until stains disappear.

Ink **marks on children's school blouses** may be removed if the articles are soaked overnight in salt and milk.

Place blotting paper under the stain and sponge with warm glycerine. Leave for 10 minutes. Rub the stain with a soap solution containing a little ammonia. Rinse afterwards with clean water.

A **little salt** added to milk will remove stain and prevent a **ring forming** — If ring has already formed, dab with cloth dipped in salt dissolved in water and rub inwards from rim of the stain.

Spread freshly made mustard thickly over stain and leave for an hour, then sponge off.

Try covering both sides of material with tooth paste, leave a few minutes and rinse off.

On **white cotton or linen**, spread stain over a basin, damp, sprinkle on oxalic acid

On coloured and delicate fabric. Apply a 1% solution of potassium permanganate.

On **washable white fabrics.** Make a paste of equal parts cream of tartar and citric acid with water. Stand basin in this. Wash as usual.

To **remove ink from coloured fabrics.** Mix peroxide and baking powder into a watery paste and allow to stand, then wash in clear water.

On **coloured or delicate fabric.** Apply a 1% solution of potassium permanganate Rinse in cold water, then apply a solution of hydrogen peroxide (1 part of 20 volume solution to 5 parts of water), acidified with dilute acetic acid.

If the colour of the article is affected, this can be restored by treating with a weak solution of ammonia.

Most ink stains on linen can be removed by rubbing with a slice of juicy lemon.

Rub well any **ink stains on linen** with a ripe tomato cut in half, and the stains will disappear in the wash. This remedy also proves satisfactory in removing ink from dark cloth. The article should be sponged with cold water after the tomato is applied.

To remove from linen use sal volatile, then wash in the usual way.

To **remove from woollen material,** soak stain overnight in glycerine. Sponge with warm water the next day.

To **remove ink stains from leather:**

(a) Methylated spirit is the simplest and easiest method.
(b) Rub with vaseline and wipe off with flannel.

To **remove from a carpet:**

(a) Pour skim milk directly on stain and rub well into carpet.
(b) Cover stain with thick paste of salt and milk, allow to dry, then brush off. Repeat if necessary.
(c) Rub cut lemon on to the stain and allow to dry.

Furniture absorbs ink immediately it is spilt. Rub with a mixture of vinegar and water.

To remove ink stains from paper — See Books (in Miscellaneous Section).

To remove **ink stains from hands,** rub with tomato juice particularly round the nails.

To **remove ink from fingers,** dip a nail brush in pure vinegar, then salt and brush nails.

IODINE

To remove iodine stains, apply a warm solution of household ammonia, or
A warm solution of Hypo (Sodium Thiosulphate), 1 tablespoon in a cup of warm water.

IRON MOULD

Boil a little rhubarb in water for 2 or 3 minutes. Soak the stain in this liquid for a little while, then rinse in cold water. Repeat as necessary.
Wet stain with boiling water and rub with a slice of lemon dipped in salt.

Treat with acetic acid or citric acid. Use equal parts of table salt and cream of tartar. Wet the stain and sprinkle the mixture on thickly. Then dry in the sun.

To **remove old stains :** Treat with a warm solution of 10% oxalic acid or Salts of Lemon (Potassium Quadroxolate) ½ teaspoon to ½ pint water. After a few minutes, rinse thoroughly.

To **remove from metal,** try rubbing with a cork dipped in paraffin. Soak in paraffin, rub with a fine abrasive, then polish.

To **remove from steel,** rub with some onion and leave juice on. Then polish with turpentine.

To **remove from white cottons or linens.** Spread the affected area over a basin, cover with Salts of Lemon and pour boiling water over. Rinse and soak in warm water containing a little washing soda.

LIPSTICK

Remove the grease with carbon tetrachloride or benzine, then wash in soap suds and rinse thoroughly.
To **remove lipstick from any material,** place a clean cloth under the mark and dab with cotton wool, dipped in eucalyptus oil. Repeat until mark disappears.
On **white material,** bleach with hydrogen peroxide or prepared bleaching agent on a piece of cotton wool.

Washable clothes, work in petroleum jelly or glycerine, wash in hand-hot suds.

Terylene: Dab with carbon tetrachloride. Any residue should be covered with glycerine, then removed by flexing vigorously between thumb and forefinger and rinsing in warm water.

Nylon: Treat immediately with methylated spirits. Wash gently.

To **remove lipstick from table napkins,** apply the juice of a lemon, full strength on white napkins and diluted on coloured napkins.

MERCUROCHROME

To **remove from cloth,** apply diluted hydrochloric acid, then wash.
If necessary follow the above with a diluted solution of chlorinated lime.

To **remove from skin,** apply methylated spirits.

MILDEW

Soak the stain in sour milk and leave in the sun to dry. This treatment is usually effective and can be repeated several times.

Moisten the stain **with lemon juice** and salt, or rub with yellow soap and then leave in the sun to dry .

Apply a solution of 1% Potassium Permanganate, rinse with cold water, then apply a solution of 20 volume hydrogen peroxide (1 part to 5 parts water), acidified with diluted acetic acid.

On a **white washable material,** bleach with diluted peroxide or prepared bleaching agent on a piece of cotton wool.

To **remove mildew from linen:** Moisten and rub in finely powdered chalk. Wash as usual.

To **remove mildew from silver,** rub with paraffin and prepared chalk.
Wash in warm water, then apply carbon tetrachloride.

MILK

Wash **white material** in cold water as soon as possible. Rub with borax, then rinse. Sponge with warm soapy water then with clear water, before using a dry cleaning fluid.

Apply a diluted solution of ammonia.

To **remove from satin,** try carbon tetrachloride. If this leaves a ring, try a paste made with either Fuller's Earth, or French Chalk moistened with water. Leave to dry then brush off.

NAIL VARNISH STAINS

To **remove,** rub with cotton wool soaked in methylated spirits. Rub from rim of stain towards the centre.

Stubborn stains can be wiped with amyl acetate. (Do not use on Rayon). This may mean patient rubbing with clean pieces of cloth.

On **Cotton, Linen, Courtelle or Nylon,** wipe with Acetone. **Never on Tricel, Acetate,** or mixed man-made fibres.

NICOTINE

Nicotine stains on clothing can be removed by sponging the marks with methylated spirits. First test this method on a small piece on the seams of the garment to make sure that the material will not be damaged.

PAINT

For **cellulose paints such as Duco:**

(a) Treat with acetone and sponge afterwards with methylated spirits.

(b) Treat with amyl acetate, but not on synthetic fibres or Rayon.

Enamel paint:

(a) Rub with a mixture of equal parts of spirits of turpentine and ammonia. Leave for a few minutes then sponge with warm soapy water .

(b) Add turpentine oil.

(c) On **Rayon,** use carbon tetrachloride.

(d) To remove from **Cotton, Wool, Silk and Linen,** sponge with white spirits or turpentine, then wash in warm water.

Oil paint: Apply turpentine oil or benzine.

To **remove old paint stains:**

(a) Scrape off as much as possible, soak in turpentine or apply butter and wash in hot soap suds.

(b) Soak stain in a solution of 3 tablespoons washing soda to one gallon water.

PERSPIRATION MARKS

To remove perspiration marks on unwashable clothes:

(a) Sponge with methylated spirits and rub dry.

(b) Sponge with Eau-de-cologne.

To **remove perspiration marks on washable articles:**

(a) Never use soap on the material first as this sets the stain.

(b) Soak with a weak vinegar or ammonia solution and then rinse. If the mark has not quite gone, squeeze a little lemon juice on it and rinse in clear warm water.

(c) Sprinkle bicarbonate of soda over the mark, damp and allow to stand. Rinse in clear water and wash.

When dyes have faded or changed, dampen then hold stain over an open bottle of ammonia, so that the fumes may penetrate the fabric.

To **remove perspiration stains from synthetic fibres,** sponge with vinegar and water.

White fabrics may be bleached with diluted hydrogen peroxide.

POTASSIUM PERMANGANATE (Condy's Crystals)

Acidify hydrogen peroxide by using 1 part in 8 of diluted sulphuric acid. Dab on stain repeatedly until clean. Then wash.

Apply a 10% solution of oxalic acid.

ROUGE

Apply grease solvent on an absorbent pad, then sponge with methylated spirits.

SAFFRON

To remove from cloth, apply diluted hydrochloric acid and boil with washing soda.

To remove from skin, apply washing soda in water.

SHOE POLISH

Remove with trichlorethylene or carbon tetrachloride.

Apply turpentine oil, then methylated spirits, then warm water containing a few drops of ammonia solution.

SILVER NITRATE

To **remove from cloth,** apply a 10% solution of potassium iodine. Remove the yellow stain produced with a 10% solution of sodium thiosulphate.
To remove from skin, use the above.

SUN TAN OIL

Treat with carbon tetrachloride, starting at the outer edge of stain and working gently towards centre. Change surface of cloth frequently. Blot between applications. Wash in warm suds. Bleach any remaining stain with diluted hydrogen peroxide.

TAR

Remove as much as possible with knife. Sponge with carbon tetrachloride or benzine. While still wet with solvent, make a paste of soap flakes and water or apply liquid detergent. Work in gently, wash.

Nylon: Put absorbent pad under stain, rub with benzine till stain has gone. Wash in hot suds.
To **remove from materials,** rub gently with eucalyptus oil, allow to dry, repeat if necessary.
Rub stain with turpentine.

To remove, try whipping a yolk of an egg and rubbing it in to the stain.
To remove **large areas of tar** on a string fabric, try boiling garment in a solution of 2 tablespoons paraffin to a gallon of water.

If a brown sulphur stain remains, sponge with a solution of oxalic acid and carbon tetrachloride mixed in the proportion of 75% acid and 25% carbon tetrachloride. Rinse thoroughly afterwards.

TARNISH STAINS

Sprinkle powdered French Chalk liberally over the stain. Leave overnight. In the morning brush off the chalk. Repeat if necessary.

TEA STAINS

Moisten stain with lemon juice and expose to the sun.

Moisten with diluted citric acid and wash with hot water.

Soak stained area in water in which potatoes have been boiled, for half an hour, rinse in cold water.

White materials. Spread stained area over a basin, cover with borax, pour on boiling water. Then leave to soak in the solution until cool. Rinse and wash out.
Coloured Materials: Sponge with a warm solution ($\frac{1}{2}$ oz. to $\frac{1}{2}$ pint) borax and water, then sponge again with clear water.
Make a solution of 1 pint of heated water, to which you add 2 teaspoons borax, 1 teaspoon soap powder and 1 teaspoon sodium perborate. Add the article immediately and simmer for 20 minutes or until water is discoloured, or soap disappears.
Soak the stain in milk.

Tea stains on Blankets. Cover a deep basin with the stained parts. Sprinkle thickly with borax and pour water through the blanket.

Old stains: These should be soaked in glycerine for several hours. When stains have disappeared, wash the blanket.

To remove stains that have been **boiled in to the linen,** rub stains with a blue bag, then boil again.

Old stains. Apply glycerine and leave for 3-4 hours. Then soak in luke warm water and bicarbonate of soda.

TOBACCO STAINS

Rub gently with methylated spirits.

Rub with nail polish remover — NOT ARTIFICIAL FABRICS OR RAYON.

To **remove from skin :**

(a) Use equal parts of solution of ammonia and 20 volume hydrogen peroxide.

(b) Use a 5% solution of potassium permanganate, followed by a 5% solution of sodium thiosulphate.

TOMATO STAINS

To remove, sponge with cold water, then work a little glycerine into the stain, then wash in soap and water.

Dab with a mixture of household ammonia and peroxide.

URINE

To remove a fresh stain from cloth, apply a diluted solution of ammonia.

To remove an old stain, moisten with diluted hydrochloric acid and apply methylated spirits repeatedly.

VARNISH

Rub the stained area with a mixture of equal parts of benzine and alcohol.

Rub with turpentine.

Rub with a mixture of equal parts cellulose thinners and methylated spirits.

WATER SPOTS AND RAIN SPOTS

Remove **water spots from fabric.** Dampen material all over with a moist sponge and press on the wrong side with a **warm** iron.

Raindrop stains can be removed from silk, rayon or nylon by holding over the spout of a rapidly boiling kettle.

WAX STAINS

Scrape off, then cover with blotting paper and press with a warm iron and finally treat with dry cleaning fluid.

Candlewax on cloth. Scrape off as much as possible by hand, then place clean pieces of blotting paper beneath and over the stain. Press with a warm iron and move the paper frequently. Should any of the stain remain, it can be removed with a grease solvent such as carbon tetrachloride or benzine.

WINE STAINS

Immediately sprinkle on salt, then pour boiling water over it.

Apply a hot 5% solution of borax.

To **remove from linen,** the stained portion should be held in boiling milk until the spot disappears sufficiently to enable it to be washed out with soap and water.

Old stain: Sprinkle with borax and then pour on boiling water. If the mark remains, squeeze on fresh lemon juice, then rinse.

On **unwashable fabrics,** sprinkle on cornflour or Fuller's Earth. Let it stand and brush off.

Old stains on white cotton or linen, apply a diluted solution of sodium hypochloride.

On **furniture.** Rub with camphorated oil.

Wine stain on polished diningroom table. Pour one or two drops (but no more) of methylated spirits on to a pad of cotton wool or on to some other soft absorbent material and cover this with two thicknesses of muslin or other thin fabric. Rub this pad over and around the mark, and this will allow sufficient stain and polish to be removed from the undamaged part of the wood to mask the discolouration. Large stains should preferably be professionally re-polished.

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Substitutes

Substitute cocoa for chocolate in baking: Use 3½ tablespoons cocoa and ½ tablespoon of butter, to each ounce of chocolate required.

Substitute for fresh milk: For each cup of fresh milk required, use ½ cup evaporated milk plus ½ cup water.

Substitute for buttermilk: For each cup of buttermilk required, use 1 cup of milk plus one tablespoon vinegar.

Substitute for cream: An extra egg white, well whipped, can be added to puddings as a substitute for cream.

OR:

Boil an unopened tin of evaporated milk for 20 minutes; cool, then chill for a few hours. This can be whipped as ordinary cream. This is no good for decorating as it will not shape with a decorating tube and the whipping will not hold for longer than an hour, after which the 'whipped cream' will revert to liquid.

Substitute for whipped cream: Add a sliced banana to the white of an egg and whip until stiff — the banana entirely dissolves.

Substitute for butter: Use vegetable fat, e.g. Holsum; add salt to taste and 1 teaspoon of egg yolk to each ¼ lb. of fat. Beat thoroughly until blended. A little hot milk may be added to ease blending.

Substitute for eggs: **Egg white** can be substituted with 1 tablespoon powdered gelatin, dissolved in 2 tablespoons of hot (not boiling) water. Use when cold.

Instead of **2 eggs required for baking,** use 2 teaspoons vinegar dissolved in ¼ pint of milk.

Substitute for lemon juice: Use ½ teaspoon of vinegar for each teaspoon of lemon juice required.

Substitute for chutney: Use 2 tablespoons of apricot jam mixed with a little Worcester Sauce for each 2 tablespoons of chutney required.

Substitute for red wine in the kitchen: Use 2 tablespoons of currant jelly plus the juice of a large lemon.

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Wines and Cocktails

COCKTAILS

Strain all cocktails through a wire sieve before serving.

Cocktails that require shaking should be well shaken so that they become creamy.

When the ingredients are clear liquors they must be stirred with ice.

Always use fresh ice, well washed and drained of excess water.

Chill cocktail glasses before mixing cocktails, filling with shaved ice. When drink is ready to be served, empty glasses and wipe well before using.

Measures and Equivalents:

1 qt. = 32 oz.
1 fifth = 25.6 oz.
1 pint = 16 oz.
1 cup = 8 oz.
1 pony = $1\frac{1}{2}$ oz.
1 jigger = $1\frac{1}{2}$ oz.
1 cocktail = 3 oz.
1 wineglass = 4 oz.
1 teaspoon = $\frac{1}{8}$ oz.
1 dash = 20 drops.

WINES

Always **warm wine before adding to hot food** — it won't interrupt cooking or coagulate fat.

To **prevent wine being spoilt while storing,** lie bottle in a horizontal position, so that the whole of the inside face of the cork is constantly in contact with the liquid; failing this the cork will shrink and air will seep into the bottle. Screw-capped bottles may be stored standing upright.

To **preserve left-over wine in a bottle,** add a thin film of olive oil and use for cooking (only).

You may cook with wine in aluminium pots but **do not marinate with wine in aluminium** — use porcelain, enamel or glass dishes.

Always allow wine to 'rest' in the bottle after a journey or jolting.

Curry kills any table wine; but a sweet fortified muscatel wine can be sipped with it.

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